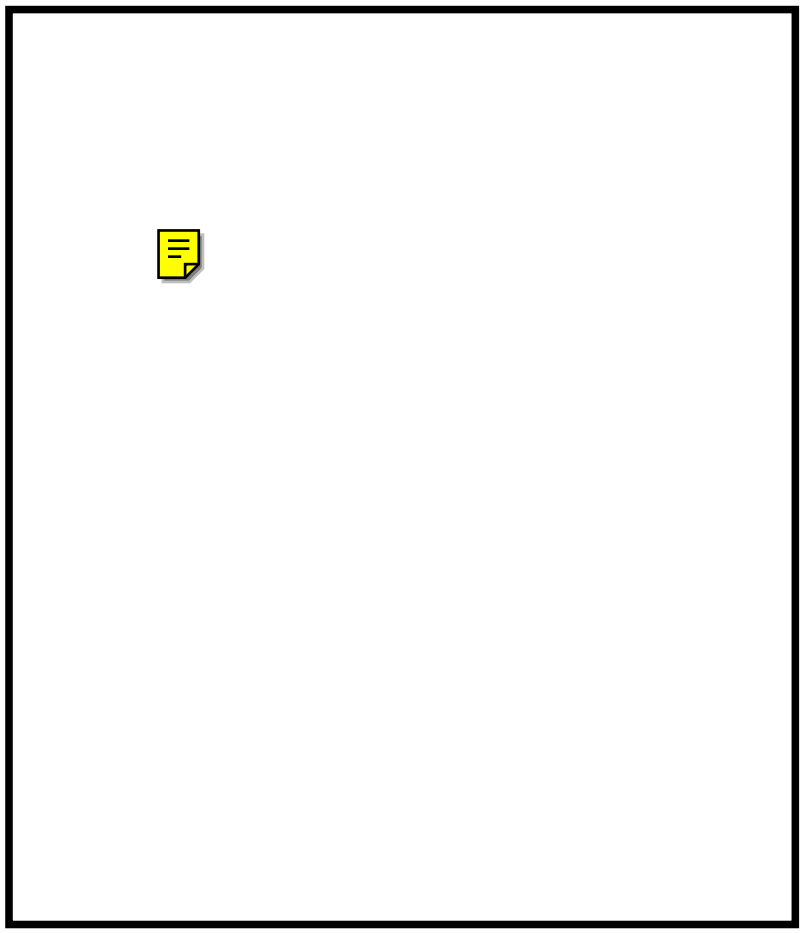
Panasonic

DIMENSION 4 *the Genius*

Microwave / Convection Oven



NN-C2000W

Operating Guide and Cookbook

We are glad you have chosen to purchase a PANASONIC Microwave/Convection Oven.
Before operating this oven, please read these instructions completely.

If you have only used a Microwave oven for reheating and defrosting, with Panasonic's Inverter Technology, you can be reassured of excellent results when cooking a variety of foods, as the 'soft' penetration of microwave energy to the centre of food helps prevent overcooking on edges and surfaces. Foods can now be gently simmered without the concern of boil over.
You also have the added advantage of cooking with either convection or grill to achieve perfect browning and crisping of foods. Combination allows you to cook with speed as well as browning at the same time.

After reading the introductory chapter, I am sure you will be able to master the basic technique and thereby develop a firm understanding of your new oven.
This book includes recipes from starters to desserts.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave/convection oven.

Consultant Home Economist
Kyla Italiano
Fiona Campbell

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The serial number of this product may be found on the rear panel of product. You should note the model number and serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

MODEL NUMBER _____

SERIAL NUMBER _____

DATE OF PURCHASE _____

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Safety Instructions

Precautions to be taken when using Microwave Ovens for Heating foodstuffs

INSPECTION FOR DAMAGE

A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS

Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grill or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. The appliance is not intended for use by young children or infirm persons without supervision.
11. Young children should be supervised to ensure that they do not play with the appliance.

PRACTICAL HINTS

1. Before using CONVECTION, COMBINATION or GRILL function for the first time, wipe excessive oil off in oven cavity and operate the oven without food on Grill 1 for 20 minutes. This will allow the oil that is used for protection to be burned off.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during CONVECTION, COMBINATION and GRILL. Use care when opening or closing door and when inserting or removing food and accessories.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2),OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRIC INDUSTRIAL CO., LTD.

(This statement applicable only to New Zealand.)

WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth.
The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to perform repair service.

c) If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

d) Before use, the user should check that utensils are suitable for use in microwave ovens.

e) Liquids or other foods must not be heated in sealed containers since they are liable to explode.

f) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

g) Accessible parts may become hot when the CONVECTION/COMBINATION/GRILL is in use. Children should be kept away.

Installation and Earthing Instructions

Important Instructions

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

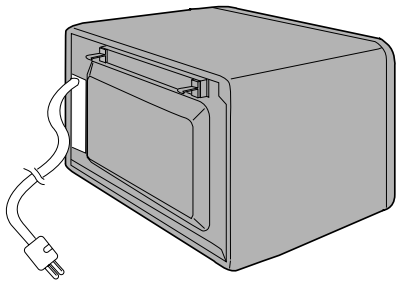
1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars and **sealed baby bottles with a teat**) - may explode and should not be heated in a microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
    a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
    b) Remove wire twist-ties from bags before placing bag in oven.
    c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
11. Do not remove outer panel from oven.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.
WARNING - Improper use of the earthing plug can result in a risk of electric shock.

Placement of Oven

1. The oven must be placed on a flat, stable surface more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow. **Allow 15 cm of space on the top of the oven, 10 cm at back and 5 cm on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked.**
    a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
    b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
    c) Do not operate oven when room humidity is too high.
2. The surfaces of top, back and left side of the oven become hot during operation. Do not allow the mains cable to come in contact with the surface of the oven.



3. This oven was manufactured for household use only.
4. This oven may be built into a wall cabinet, if desired. Trim kits may be purchased from a local Panasonic dealer. See page 97 for technical specifications.

Circuit

Your microwave oven should be operated on a separate 10 A circuit from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Fan Motor Operation

After using the oven, the fan may rotate to cool the electric components. This is perfectly normal, and you can take out the food from the oven while the fan operates.

General Instructions

General Use

1. Only use utensils that are suitable for use in microwave ovens.
2. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
3. If smoke is observed, press STOP/RESET pad and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
4. Do not dry clothes, newspapers or other materials in the oven. They may catch on fire.
5. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to Ceramic Tray. The tray can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on Ceramic Tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
11. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labeled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
12. When using the COMBINATION mode, never place any aluminum or metal container directly on the wire rack. Always insert a heatproof, glass plate or dish between the wire rack and the aluminum container. This will prevent sparking that may damage the oven.
13. It is recommended not to use the wire rack when cooking in the MICROWAVE mode only.
14. If ceramic tray is hot, aloow to cool before cleaning or placing in water.
15. Look at the oven from time to time when food is heated or cooked in disposal containers of plastic, paper or other combustible materials, as these types of containers ignite if overheated.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell and whole hard - boiled eggs. (unless otherwise stated in recipes.) Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the cookbook section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your oven. NEVER leave oven unattended when popping popcorn.
11. Take care when heating food in foil trays. Trays should be no deeper than 2 cm and should not touch the sides of the oven walls. If you are unsure of the heating time, do not leave the oven unattended.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB.

Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.
When the microwaves come in contact with a substance, any one or a combination of three things may occur. They can be:
1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection

Metal substances REFLECT microwave energy because there is no absorption and there is no heating. This is why the oven interior is either stainless steel or paint-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by vibration, produces heat energy which is conducted throughout the food.

Cookware and Utensil Guide

It is important to use correct containers when cooking in a microwave oven. The following will help you to make the right selection.

How to Test a Container for Safe Microwave Oven Use
Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute on HIGH. If the container is microwave oven safe, it should remain comfortably cool and the water should be hot. If the container becomes very hot, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food by Convection, Combination and Grill. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towels, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting a microwave dish test.

Several types of glassware and dinnerware are not recommended for use in the Microwave Oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Cookware and Utensil Guide

Plastics

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and scorch.
The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking time. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on HIGH power. These dishes, although not suitable for extended cooking, may be successfully used for defrosting or for use on lower power levels.
Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturers' directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).
DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.
Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers" as well as any glass lid be careful to remove it away from you to avoid steam burns.
Loosen plastic but let dish stand covered.

Browning Dishes

NOTE: Browning dishes are no longer available. This information is supplied to assist people who already own a browning dish.

Browning dishes are used to sear chops, meat patties, steaks etc. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturers' directions. Add food to be seared and heat according to recipe or personal preference. Use pot holders to remove the dish from the Microwave Oven. Do not use the browning dish on or in a conventional stove.
Remember:
Food can be covered with a loose sheet of absorbent towel to prevent splattering.
Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.

Metal

Metal cookware or utensils, and those with metallic trim, should NOT be used on microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also the possibility of "arcing".
Although metal utensils must be avoided in microwave cooking, some metal can be helpful when used correctly.
Aluminium foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven; otherwise arcing may occur.
Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used on Microwave or Combination.
Frozen dinner trays can be used on Microwave if the container is no deeper than 2 cm and is filled with food. They may be used on Convection.
Metal skewers can not be used on Microwave as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.
Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven or on Combination.

Jars and Bottles

Jars and Bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Straw, Wicker, and Wood

Straw and wicker baskets may be used in the microwave oven for a short period of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

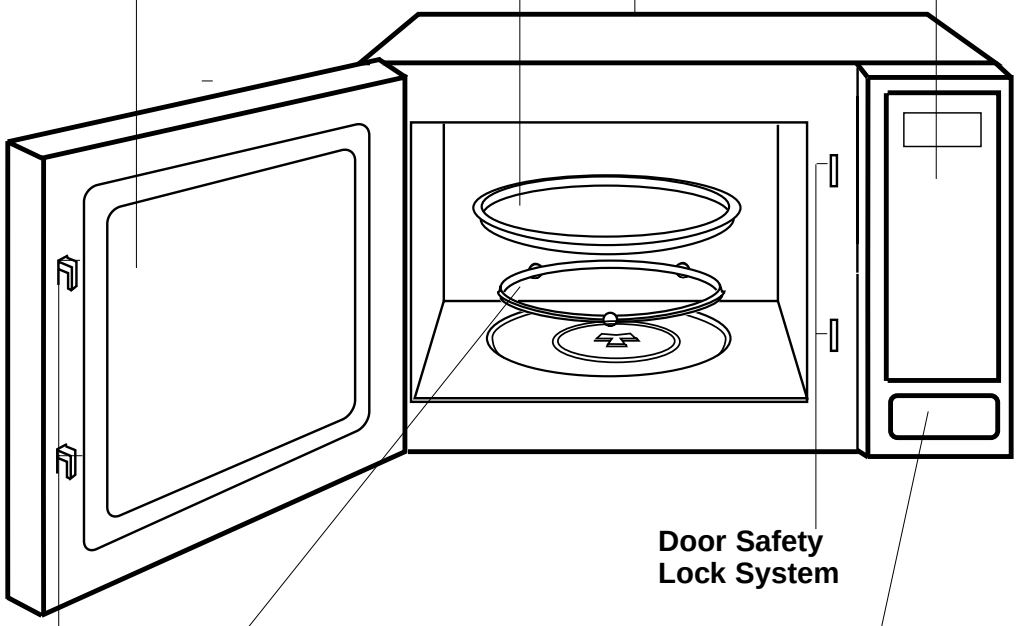
Cookware and Utensil Chart

	Microwave	Grill	Convection	Combination
Aluminium foil	for shielding	yes	yes	for shielding
Browning dish	yes	no	no	no
Brown paper bags	no	no	no	no
Dinnerware oven/microwave safe non-oven, microwave safe	 yes yes	 yes no	 yes no	 yes no
Disposable polyester paperboard dishes	 yes*	 no	 yes*(up to 220˚C)	 yes*(up to 220˚C)
Glassware oven glassware & ceramic non heat resistant	 yes no	 yes no	 yes no	 yes no
Metal cookware	no	yes	yes	yes**
Metal twist-ties	no	yes	yes	no
Oven cooking bag	yes	no	yes*	yes
Paper towels and napkins	yea	no	no	no
Plastic defrosting rack	yes	no	no	no
Plastic dishes microwave safe non microwave safe	 yes no	 no no	 * no	 * no
Plastic wrap	yes	no	no	no
Straw, wicker, wood	yes	no	no	no
Thermometers microwave safe conventional	 yes no	 no yes	 no yes	 no no
Waxed paper	yes	no	no	no

* Check manufacturers' recommendation, must withstand heat.
** Follow recipe instructions.
NOTE: See page 10 for accessories included.

Feature Diagram

Ceramic Tray
1. Do not operate the oven without Roller Ring and Ceramic Tray in place.
2. Only use Ceramic Tray specifically designed for this oven. Do not substitute any other Ceramic tray.
3. If Ceramic Tray is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Ceramic Tray unless otherwise indicated. Always place food in a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensils on Ceramic Tray touches the oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
6. Ceramic Tray can rotate in either direction.



Identification Plate
The oven model number and serial number are recorded here.

Oven Window

Control Panel

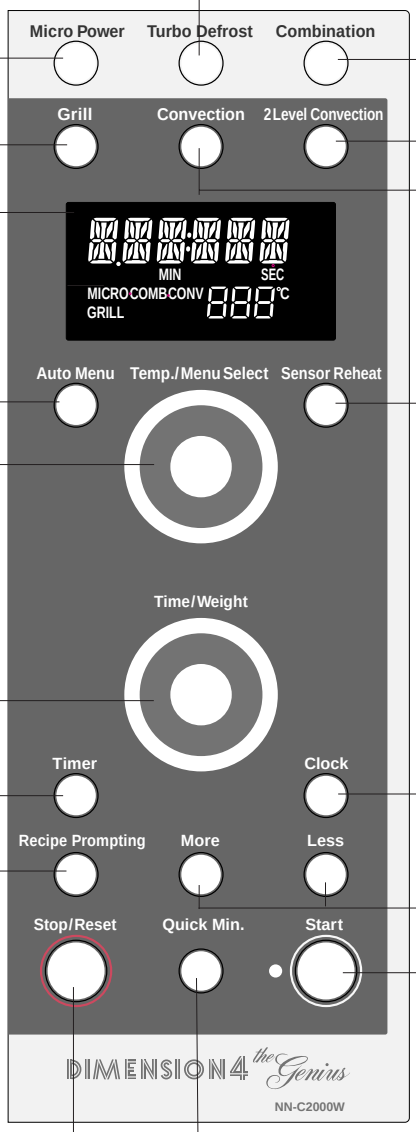
Door Safety Lock System

Roller Ring
1. Roller Ring and oven floor should be cleaned frequently to prevent from excessive noise.
2. Roller Ring must always be used together with Ceramic Tray for cooking.

Door Release Button
Press to open the door.
Opening the door during cooking will stop the cooking process without cancelling the programme. Cooking resumes as soon as the door is closed and Start Pad is pressed. The oven light will stay on or turn on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of microwave exposure.

Door Safety Lock System

Feature Diagram - Control Panel



Turbo Defrost pad
(☛ page 16)

Micro Power pad
(☛ page 14)

Combination pad
(☛ page 20)

Grill pad
(☛ page 18)

2 Level Convection pad
(☛ page 19)

Word Prompting Display

Convection pad
(☛ page 19)

Auto Menu Pad
(☛ page 22 - 26)

Sensor Reheat pad
(☛ page 22)

Temp. / Menu Select Dial

Time / Weight Dial

Timer pad
(☛ page 26)

Clock pad
(☛ page 13)

Recipe Prompting pad
(☛ page 27)

More / Less pads
(☛ page 22)

Start pad
One tap allows oven to begin functioning. If door is opened or STOP/RESET pad is tapped once during oven operation, START pad must again be pressed to restart oven.

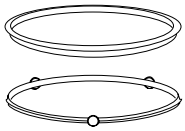
Stop/Reset pad
Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in display window.

Quick Min. pad
(☛ page 28)

Prompters:

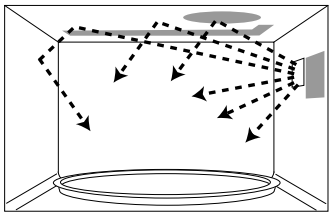
When a pad is pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the screen. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the screen. Words will automatically appear to prompt user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete program, the oven will beep five times.

Oven Accessories

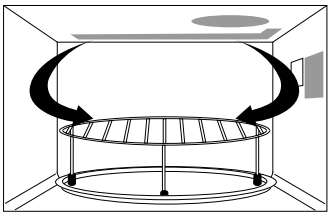
	Ceramic Tray with Roller Ring  Use always	High Rack	Low Rack
Microwave	yes	no	no
Grill	yes	yes	yes
Convection	yes	yes	yes
2 Level Convection	yes	yes	yes
Combination	yes	no	yes

Cooking Modes: Heating Source

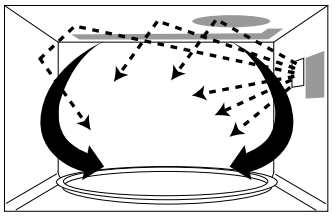
Microwave



Grill

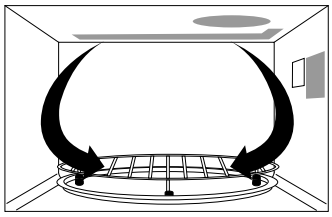


Combination

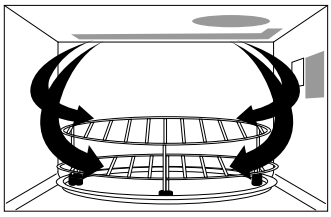


Low Rack can be used for Combination cooking.

Convection



2 Level Convection



Microwave

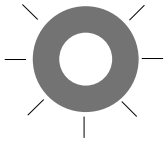
Heat

Cook Navigator

This feature allows you to guide you through the cooking process. Once a pad has been selected, the oven will prompt you the NEXT step until cooking starts.

e.g.

Temp./Menu Select

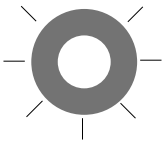


- **Set the cooking temperature.**
  e.g. After pressing the Convection Bake pad.

or

- **Select menu.**
  e.g. After pressing Auto Menu pad.

Time/Weight

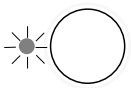


- **Set the cooking time.**
  e.g. After selecting the Micro Power level.

or

- **Set the weight.**
  e.g. After pressing the Turbo Defrost pad.

Start

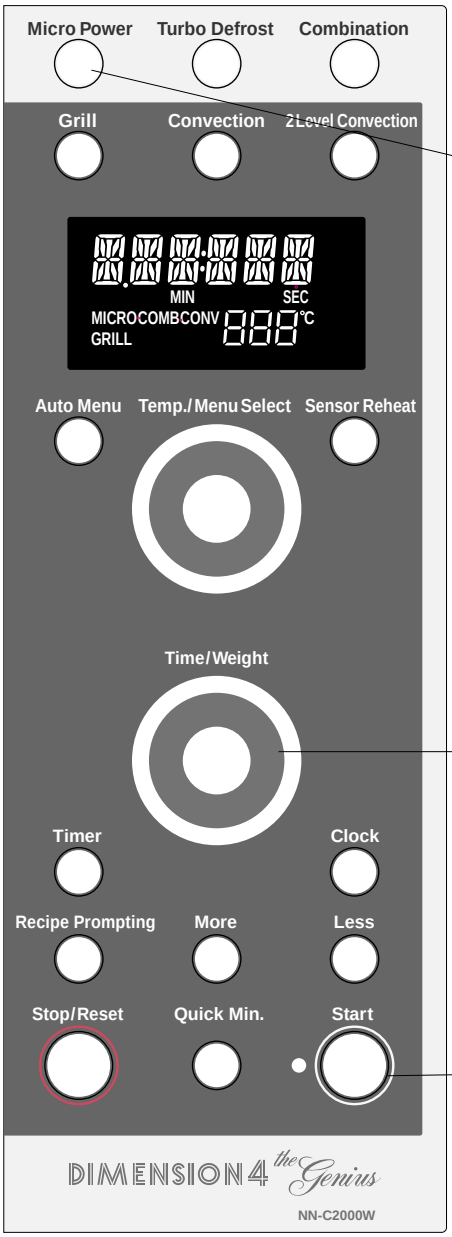


- **Press Start Pad.**
  e.g. After selecting the Micro Power level and time.

Let's Start to Use Your Oven!

1 Plug In

Plug into a properly grounded electrical outlet.
"WELCOME TO INVERTER COOKING"
appears in the display window.
(This will immediately cease when any pad is pressed.)



2 Press

Open the door and place the food on Ceramic Tray in the oven. Then close the door.

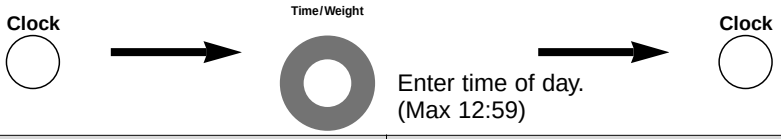
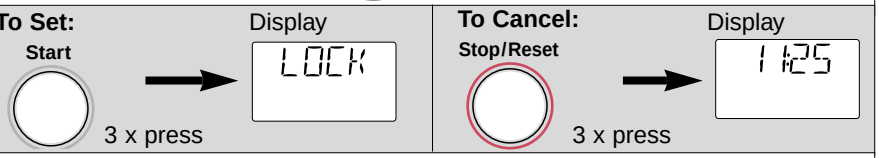
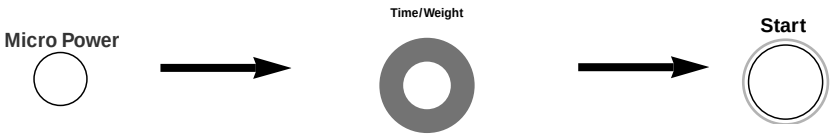
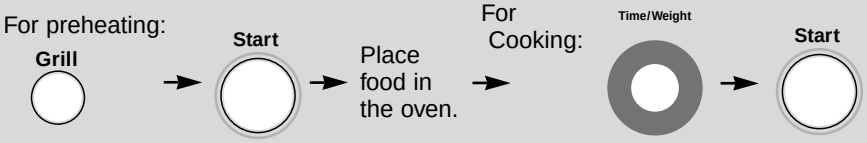
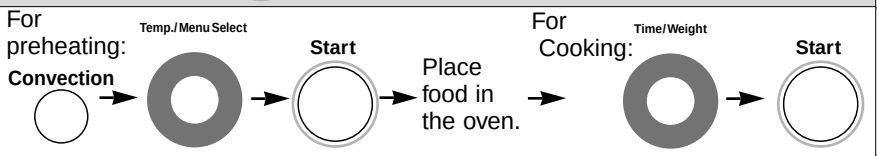
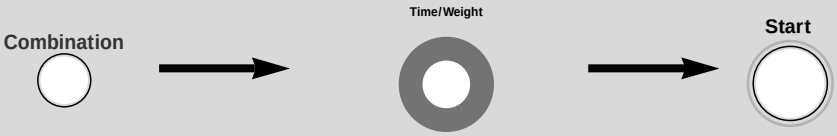
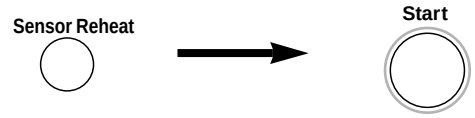
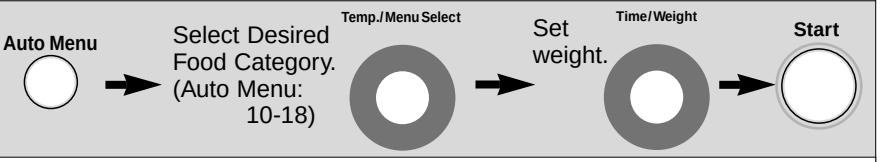
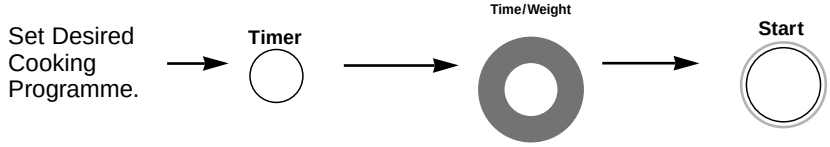
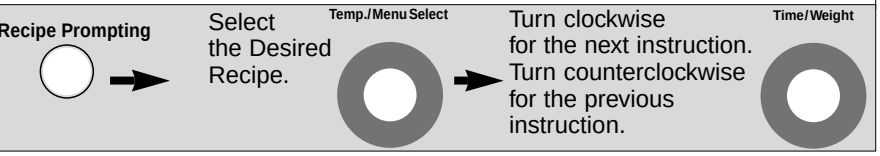
3 Select Power Level

e.g. HIGH power — Press once
(Continue pressing for other power levels
— page 14)

4 Set Time

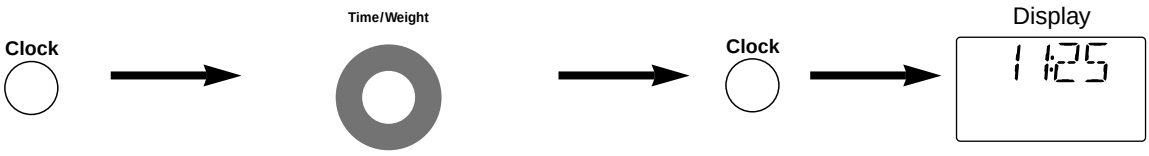
5 Press

Quick Guide to Operation

Feature	How to Operate
To Set **Clock** (☛ page 13)	
To Use **Child Safety Lock** (☛ page 13)	
To Use **Micro Power and Time Setting** (☛ page 14)	
To Cook on **Grill** (☛ page 18)	
To Cook on **Convection** (☛ page 19)	
To Cook by **Combination** (☛ page 20,21)	
To Reheat using "**Sensor Reheat" pad** (☛ page 22, 23)	
To Cook using "**Auto Menu" pad (1-20):** (☛ page 22 - 26)	
	
To Set **Stand Time** (☛ page 26)	
To Use **Recipe Prompting** (☛ page 27, 28)	

To Set Clock

You can use the oven without setting the clock.



- **Press.**
- **Enter time of day using the Time / Weight Dial.**
- **Press.**

NOTES:
1. To reset time of day, repeat the steps as above.
2. The clock will keep time of day as long as the oven is plugged in and electricity is supplied.
3. Max time available is 12:59. Clock is 12 hour only.

Operation Guide on the Screen

To assist you in programming your oven, the following operation will appear on the screen.
When you become familiar with your oven, the operation guide can be turned off.

To turn off:

- **Press 3 times**

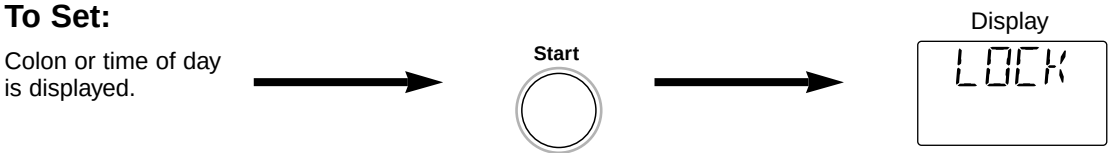
To turn on:

- **Press 3 times**

To Use Child Safety Lock

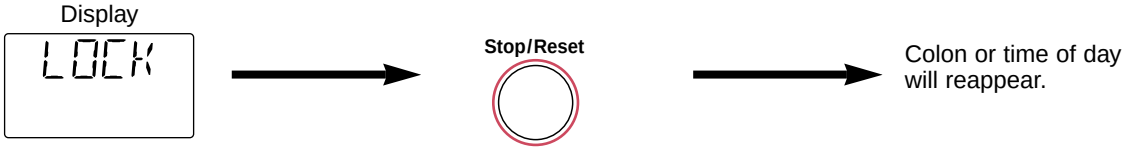
This feature allows you to prevent operation of the oven by a young child; however, the door will open.
You can set Child Lock when colon or time of day is displayed.

To Set:



- **Press 3 times.**

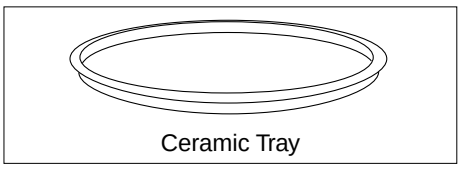
To Cancel:



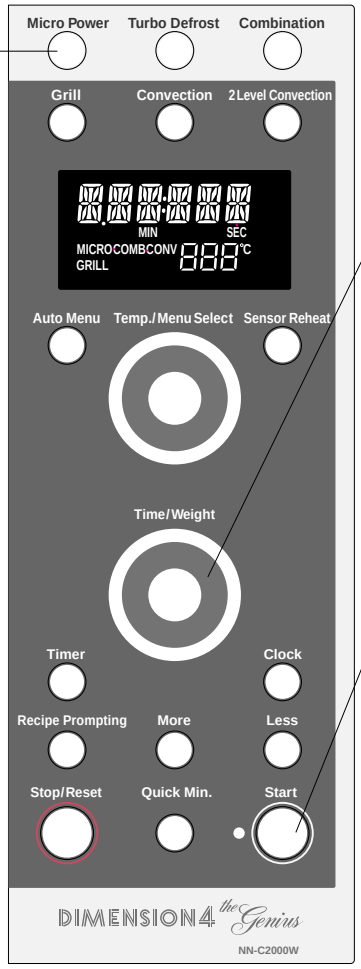
- **Press 3 times.**

To Reheat / Defrost / Cook by Micro Power and Time

Use of Accessory:



1 Select Micro Power



2 Set Cooking Time

HIGH	up to 30 minutes
Others	up to 1 hour 30 minutes

Time can be entered 10 second intervals up to 5 mins then 1 min intervals.

3 Press

☛ Cooking will start.
The time in the display window will count down.

Two/Three stage cooking:
Repeat steps 1 and 2 above then press Start, the oven will beep twice between stages.
e.g.Casseroles - HIGH 10 mins to bring to the boil, then MED LOW 30 mins to finish by simmering.

Micro Power:
You can select different power levels for cooking foods at different speeds, refer to the chart below.

Power Level	Power	No. of Taps	Example of Use
HIGH	1000 W	1	Boil water, cook fresh fruit, vegetables, rice and pasta. Preheat browning dish. Reheat soups, stews and casseroles.
DEFROST*	270 W	2	Thaw foods.
MED HIGH	600 W	3	Cook poultry, meat, cakes and desserts. Heat milk.
MEDIUM	440 W	4	Cook pot roasts, casseroles and meatloaves, melt chocolate. Cook eggs and cheese. Cook fish.
MED LOW	250 W	5	Simmer soups, stews and casseroles (less tender cuts.) Soften butter and cream cheese.
LOW	100 W	6	Keep cooked foods warm, simmer slowly.

* Refer to page 17.

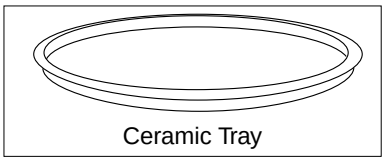
To Reheat / Defrost / Cook by Micro Power and Time

Reheat by setting Power and Time –– Frozen Convenience Foods

Item Frozen (pre-cooked)	Power	Approx. Time (in minutes)	Instruction
BREAD & BAKED PRODUCTS Bread 1 slice 1 loaf (700 g) 6 rolls	 MED HIGH MED HIGH MEDIUM	 15 - 20 sec 2 - 3 2 - 3	 Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper. Place on paper towel to absorb moisture.
Cheesecake (450 g)	DEFROST	2 - 3	Remove from container. Defrost on plate.
Muffins – 4 (350 g)	MED HIGH	2 - 3	Place onto paper towel lined plate.
Scones – 6 (400 g)	MEDIUM	2 - 3	Defrost on paper lined plate. Stand 2 minutes.
Croissants – 4 (200 g)	MEDIUM	1 - 2	Place onto paper towel lined plate.
PIES Fruit Pie (500 g)	DEFROST then MED HIGH	5 - 7 5 - 7	Remove from foil container and place uncovered into a pie dish.
Meat Pie (175 g)	DEFROST then MEDIUM	4 - 6 3 - 4	Place onto paper towel lined plate.
Pizza (350 g)	HIGH	5 - 7	Remove from package and place onto paper towel or follow manufacturers' instructions.
FROZEN MEAL Fish in Sauce (200 g)	MEDIUM	6 - 7	Pierce corner of bag. Heat on a plate.
Instant Casserole in Pouch (serves 2)	MEDIUM	6 - 7	Pierce pouch.
Lasagne (400 g)	MEDIUM	14 - 16	Remove from foil container, place into serving dish.
Plate Food / TV style dinner (320 g)	MEDIUM	8 - 10	Remove foil cover and replace with plastic wrap.
Vegetables & Sauce (in the bag) (500 g)	MEDIUM	8 - 10	Pierce corner of bag. Heat on a plate.
MISCELLANEOUS Chicken Pieces (500 g)	DEFROST then MED HIGH	5 - 7 6 - 8	Place onto paper towel lined plate.
Fish Fingers – 8 (200 g)	DEFROST then HIGH	3 - 5 2 - 3	Place onto paper towel lined plate.
Sausage Rolls (250 g)	MEDIUM	3 - 5	Place onto paper towel lined plate.

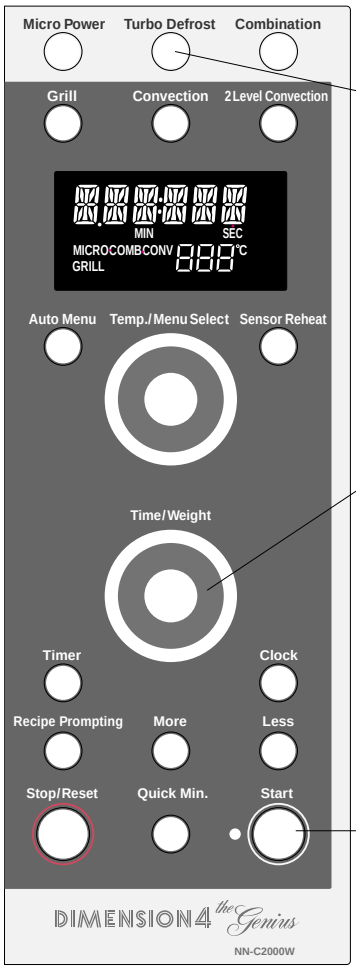
To Defrost

Use of Accessory:



◆ Turbo Defrost

This feature allows you to defrost meat, poultry and seafood by weight.



1 Press

2 Set Weight

up to 3 kg
Weight can be entered 0.1 kg intervals.

The shape and size of the food will determine the maximum weight the oven can accommodate.

3 Press

☛ Defrosting time appears in the display window and begins to count down.

NOTES:

1. Stand time or power level may be programmed after Turbo Defrost. (See pages 14 and 26)
2. For further information on Turbo Defrost, refer to next page.

To Defrost

◆ Defrost by Setting Time

● Press twice. ● Set time. ● Press.

Preparation for Freezing:

1. Heavy-duty plastic wraps and bags, and freezer wraps are suitable.
2. Freeze meat, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. Remove all air and seal securely.
4. Label package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

Defrosting Technique:

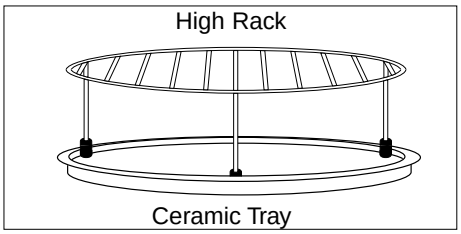
1. Remove from wrapper and set on a roasting rack in a dish on Ceramic Tray.
2. **On Turbo Defrost**, the oven will beep during defrosting.
   At the beep: Turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Remove defrosted minced meat, stewing meat, poultry pieces or prawns etc. Shield thin ends, fat bones of roasts or poultry legs and wings with foil.
3. After defrosting: Large roasts may still be icy in the centre. Allow to stand 15 to 30 minutes in refrigerator to completely defrost.

Defrosting Chart (by setting time):

Food	Approx. Time	Instruction
MEAT	per 500 g	
Beef		
minced beef	8 - 11	Turn meat over two or three times during defrosting.
roast: topside	12 - 15	
beef tenderloin	12 - 15	Halfway through the defrost cycle break apart minced beef,
chuck or rump	10 - 13	separate chops and remove meat that is defrosted.
sirloin, rolled	11 - 14	
steak	8 - 10	Shield edges and unevenly shaped ends of roasts halfway
miscellaneous	8 - 12	through the defrost cycle.
Pork/Lamb		
roast	9 - 12	Large roasts may still be icy in the centre. Allow to stand.
chops	8 - 11	
ribs	8 - 12	
POULTRY		Turn poultry over two to four times during defrosting.
Chicken		Halfway through the defrost cycle shield end of drumstick,
whole	9 - 12	wings, breast bones, and ends of poultry with foil.
pieces	8 - 11	
fillets	8 - 10	Break apart chicken pieces and remove small pieces such as
Duck	10 - 12	wings, that may defrost before larger pieces.
Turkey	10 - 13	
		Rinse poultry under cold water to remove ice crystals.
		Allow to stand for 5 to 10 minutes before cooking.
FISH & SHELLFISH		
Fish fillets	9 - 11	Halfway through the defrost cycle, turn whole fish or blocks of
Whole fish	9 - 12	fillets over. Also, break apart prawns or scallops.
Crabmeat	8 - 10	Remove any pieces that are defrosted.
Lobster tails	8 - 10	
Sea scallops	8 - 10	Allow to stand 5 to 10 minutes before cooking.
Green prawns	10 - 12	

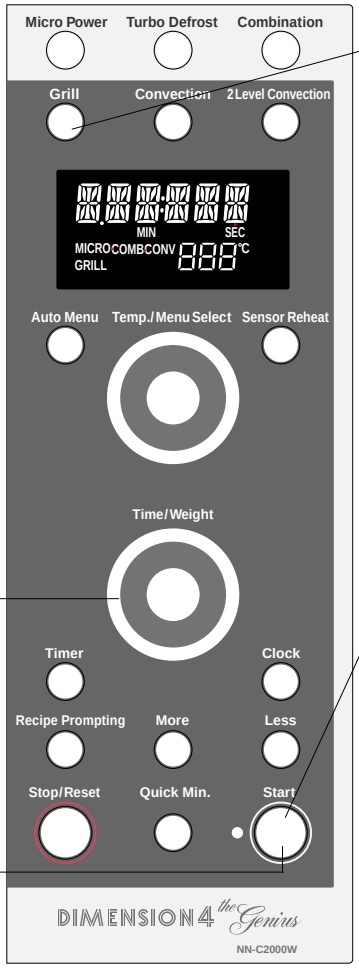
To Cook on Grill

Use of Accessory:



There are two Grill settings available.
Grill 1(High) is ideal for grilling meat, chicken and fish fillets.
Grill 2 (Low) is ideal for grilling whole fish and oven baked chips and browning cheese and egg dishes.

Place a heatproof glass or ceramic dish under the rack to catch any excess fat or meat juices.



1 Select Grill Power

Grill 1 (High) or Grill 2 (Low) can be selected.

2 Press

☛ The oven begins to preheat. Do not open the door during preheating.

3 Place the food

Place the food on High Rack. At the completion of preheating, 3 beeps will be heard and “P” will blink in the display.

4 Set Time

(up to 1 hour 30 minutes)
Time can be entered 10 second intervals up to 5 mins then 1 min intervals.

5 Press

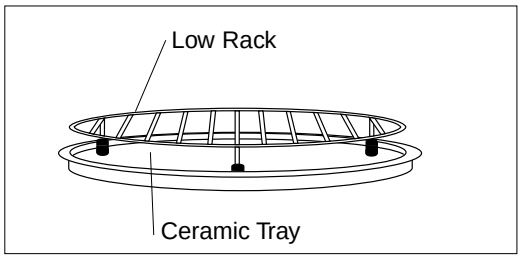
☛ Cooking will start.

NOTE:
1. Place Ceramic Tray correctly in the oven before preheating.
2. If the oven door is not opened after the completion of preheating, the oven will maintain the selected Grill Power for 30 minutes. After 30 minutes, the oven will shut off automatically and revert to the time of day.
3. If preheating is not required for the food you are cooking, eliminate step 2.

To Cook on Convection

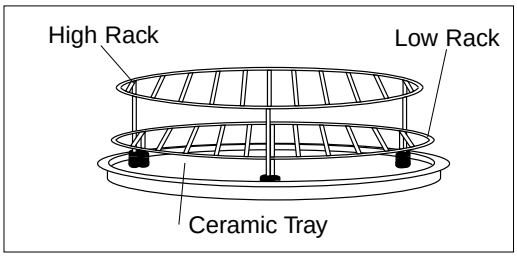
1 Level Convection:
Just like a conventional oven, the convection oven has a heating element to give the dry heating needed to produce crisp, browned exteriors. Convection cooking has the addition of a fan to produce conventional results with a slightly reduced cooking time. Convection cooking temperatures range from 100˚C to 250˚C. Most conventional recipes will be suitable for use. Follow the minimum suggested cooking times and add additional time if required. Convection recipes are also available throughout the recipe section.

Use of Accessory:



2 Level Convection:
2 Level Convection is available for when you wish to cook a larger quantity of food. The entire oven cavity may then be utilised. For example, cooking two trays of biscuits Foods placed on Low Rack may require a slightly longer cooking time than those on High Rack.

Use of Accessory:



1 e.g. **Convection**

Press

2 **Temp./Menu Select**

Select the desired oven temperature

3 **Start**

Press

☛ The oven begins to preheat. Do not open the door during preheating.

4

Place the Food

After preheating 3 beeps will be heard and “P” will blink in the display.

5 **Time/Weight**

***Set Cooking Time**

(up to 9 hours and 59 minutes)
* Time can be entered 1 min intervals.

6 **Start**

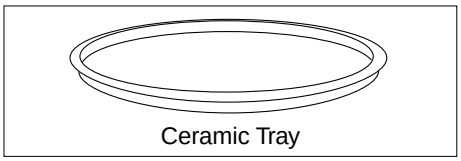
Press

☛ Cooking will start.

NOTE:
1. Place Ceramic Tray correctly in the oven before preheating.
2. If the oven door is not opened after the completion of preheating, the oven will maintain the selected temperature for 30 minutes. After 30 minutes, the oven will shut off automatically and revert to the time of day.
3. If preheating is not required for the food you are cooking, eliminate step 2.
4. When selected cooking time is less than one hour, the time counts down by minutes and seconds.
5. When selected cooking time is more than one hour, the time counts down by hours and minutes until only “1H 00 (1 hour)” remains. The display then counts down by minutes and seconds.

To Cook on Combination: Convection & Microwave

Use of Accessory:



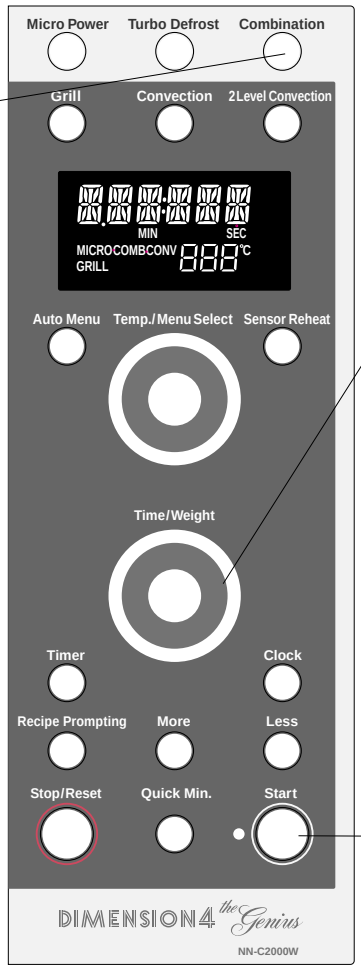
Ceramic Tray

Low Rack can be used for Combination cooking.

There are 6 combination settings.
To select the correct program for particular foods, refer to next page.

1 Select Setting

☛ COMB 1-6 and the program temperature appears in the display.



2 Set Cooking Time

(up to 9 hours and 59 minutes)

3 Press

☛ Cooking will start.

NOTE:

1. When selected cooking time is less than one hour, the time counts down by minutes and seconds.
2. When selected cooking time is more than one hour, the time counts down by hours and minutes until only "1H 00 (1 hour)" remains. The display then indicates counts down by minutes and seconds.

To Cook on Combination: Convection & Microwave

Combination cooking is ideal for roasting meats, poultry and cooking cakes, pastries and slices. Combination cooking automatically alternates between Convection and Microwave heating.

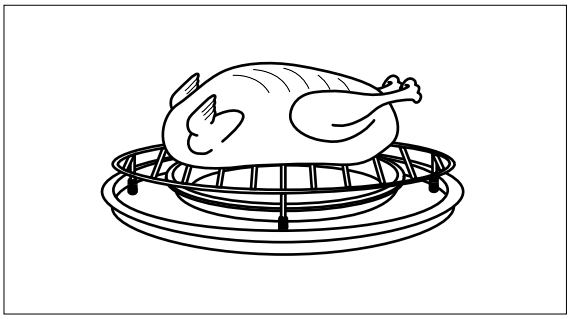
The advantage of Combination cooking is that it gives you the browning of Convection and often shortens the conventional cooking time. Time is also reduced as preheating is not required.

To calculate cooking time start by cooking for approximately $^2/_3$ of the conventional cooking time and add additional time If required. For examples of recipes and cooking times, consult recipes in the recipe section.

Ovenproof cookware, including ceramic is suitable for use on Combination cooking. Cakes, slices, desserts etc. may be cooking in metal cookware providing there is suitable quantity of food to be absorbed by the microwave heat. For example, do not place a small amount of food in a large metallic dish as arcing may occur.

When cooking by Combination, place dishes to be cooked on the Ceramic Tray. When roasting meat, the roasts may be placed directly on Low Rack. Sausages and rissoles may also be cooked in this way.

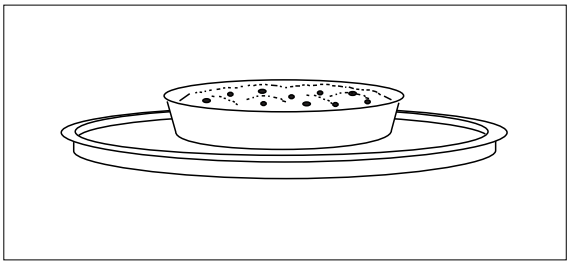
Place a heatproof glass or ceramic dish under the rack to catch any drips from the roast. Alternately, elevate the roast on a roasting rack in a baking dish and place directly on Ceramic Tray.



Examples of Foods to Cook by Combination Mode

Combination Setting	Foods Suitable	Oven Temperature	Micro Power Level
COMB 1	Casseroles, pot roasts, meat loaves, corned meat	150˚C	LOW
COMB 2	Quiche, baked custards, rice pudding	160˚C	LOW
COMB 3	Cakes, self saucing pudding, layered slices, apple pie	170˚C	LOW
COMB 4	Single layer slice, light cakes, roast lamb	180˚C	LOW
COMB 5	Roast pork, roast beef, jacket potato, turkey, duck, garlic bread, chicken pieces casseroles, lasagne, reheating sweet/savoury pies, reheating muffins	200˚C	MED LOW
COMB 6	Pastries, bread, grilling sausages and rissoles, whole chicken, chicken pieces, pizzas, reheating croissants	230˚C	LOW

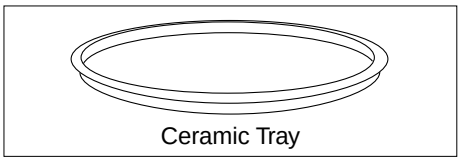
Use of Accessory:



Cakes, slices, desserts, etc. may be cooked in metal cookware. Do not place a small amount of food in a large metallic dish as arcing may occur.

To Reheat / Cook by Sensor Reheat / Auto Menu

Use of Accessory:



Sensor Reheat / Sensor Cook (Auto menu 1-9)

This feature allows you to reheat/cook most of your favourite foods without having to select cooking times and power levels. The oven does it all automatically.

Sensor Cook (Auto Menu 1 - 9):

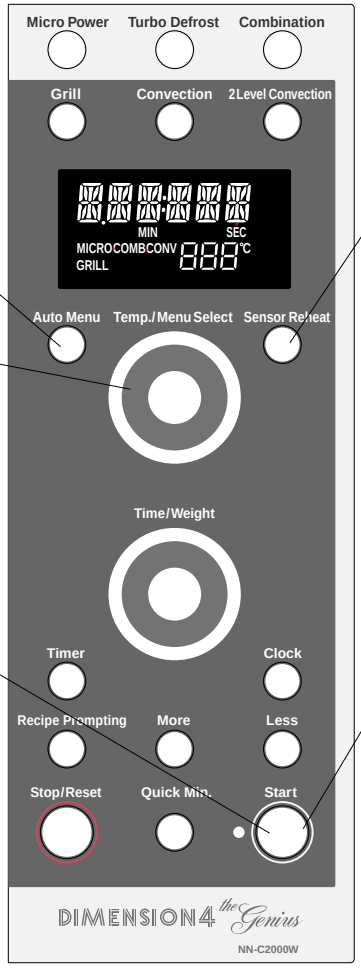
1 Press

2 Select Menu

(Auto Menu 1 - 9)
Category and “PRESS START” appears in the display window.

3 Press

☛After the burst of steam is detected by the SENSOR, the remaining cooking time appears in the display and begins to count down.



Sensor Reheat:

1 Press

2 Press

☛After the burst of steam is detected by the SENSOR, the remaining cooking time appears in the display and begins to count down.

More/Less pads
Preferences for food doneness vary with each individual. After having used Sensor Reheat/Sensor Cook a few times, you may decide you would prefer your food cooked to a different doneness. By using the More/Less pads, the programs can be adjusted to cook food for a longer or shorter time.
Press More/Less pads after selecting category and before pressing Start pad.

For best results, follow these recommendations:

1. The Sensor Reheat / Sensor Cook work by detecting the amount of steam generated by the food being cooked. From the generated steam, the oven then calculates the remaining cooking time.
2. When an Auto Program has been selected, the category will appear in the display window.
3. The door should not be opened before the time appears in the display window.
4. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.
5. Do not use plastic dishes as a secure seal cannot be achieved and inaccurate results may occur.
6. If the oven has been previously used on CONVECTION, COMBINATION or GRILL, and it is too hot to be used on a Sensor Program, a “HOT” will appear in the display window. The cooling fan will operate to cool the oven rapidly. After the “HOT” disappears, the program may be used. If you are in a hurry, cook food manually i.e. select Micro Power Level and cooking time yourself.

To Reheat / Cook by Sensor Reheat / Auto Menu

SENSOR REHEAT (200 g - 1.2 kg)

- All foods must be pre-cooked.
- Foods should be at room or refrigerated temperatures.
- Stirrable foods are recommended.
- Place in a suitably sized dish (approximately 3/4 full).
- Dish should be covered with plastic wrap or a fitting lid.
- Stir food after removal from oven.
- Allow 2 to 3 minutes standing time.
- Do not reheat in foil or plastic containers.

1.FROZEN REHEAT (200 g - 1.2 kg)

- Suitable for reheating pre-cooked soups, stews, casseroles, roast dinners, pasta dishes (except lasagne) and rice dishes from a frozen temperature.
- This setting is not suitable for reheating frozen bread or pastry products, raw or uncooked foods or beverages.
- Remove convenience foods from foil or plastic packaging and place in an appropriate sized dish.
- Cover dish with plastic wrap or a lid.
- Halfway through cooking time, the oven will 'beep' and prompt you to "STIR" or "REARRANGE" the foods. At the end of the cooking time, stir and let stand for 3-5 minutes.

2. VEGETABLES (125 g - 1.0 kg)

- Place in a suitably sized dish and cover with plastic wrap or a fitting lid.
- Larger vegetables should be placed in a single layer in a shallow dish.
- Add 1 tablespoon to 1/4 cup of water if vegetables appear slightly dehydrated or a softer texture is desired.
- Do not add salt before cooking.
- At the completion of cooking, stir larger quantities and allow to stand for 2 to 3 minutes.

3. ROOT VEGETABLES (125 g - 1.0 kg)

- Vegetables should be trimmed, prepared and cut into even sized pieces.
- Add 1 tablespoon to 1/4 cup of water if vegetables appear sightly dehydrated or a softer texture is desired.
- Place in a suitably sized dish and cover dish with plastic wrap or a fitting lid.
- If desired, butter, herbs, etc. may be added but do not add salt until the completion of cooking.

4. FROZEN VEGETABLES (125 g - 1.0 kg)

- See above 2 and 3.

5. FRUIT (125 g - 2.0 kg)

- The addition of water and sugar is optional as most fruit will yield juice as it cooks.
- If liquid is required to produce a softer result, add approximately 1/4 cup per 250 g.
- A sugar syrup may be made by combining 1/4 cup of caster sugar with 1/2 cup of water and cooking on HIGH for 2 to 3 minutes, stirring once to dissolve.
- Place prepared fruit to be cooked in an appropriately sized dish and cover with plastic wrap or a fitting lid.

6. RICE (1/2 cup - 3 cup)

- Use a larger sized dish to prevent rice from boiling over.
- Use cold water at a ratio of:
  1/2 cup rice / 1 cup water
  1 cup rice / 1 1/2 cups water
  2 cup rice / 3 cups water
- Cover with plastic wrap or a fitting lid.
- When the cooking time appears in the display window, remove plastic wrap or lid.
- At the completion of cooking, allow 5-10 minutes standing time.

7. PASTA (125 g - 500 g)

- Suitable for cooking dried pasta.
- Place pasta and water in a large size dish to prevent from boiling over.
- Use boiling water at the ratio of,
  125 g pasta / 3 cups water
  250 g pasta / 4 cups water
  375 g pasta / 6 cups water
  400 g pasta / 7 cups water
  500 g pasta / 8 cups water
  add 1 teaspoon of oil, if desired, before cooking to prevent the pasta from sticking together.
- Cover with plastic wrap or a fitting lid.
- When the cooking time is displayed, remove the cover.
- Stand for 5-10 minutes at the completion of cooking time.

8. FISH (250 g - 1.0 kg)

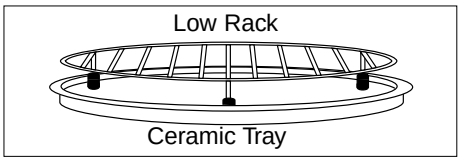
- Suitable for cooking whole fish, fish fillets and cutlets.
- Select fish suitable for microwave cooking and place skin side down in a shallow dish.
- Overlap thin ends of fillets to prevent overcooking.
- Cover dish with plastic wrap or a fitting lid.
- Allow larger quantities of fish to stand for 3 to 5 minutes at the completion of cooking.
- For dense pieces of fish, slightly extra cooking time should be allowed by pressing "MORE" pad.

9. CASSEROLE (500 g - 2.5 kg)

- Select less tender cuts of meat as these will produce the best results.
- Cut meat and vegetables into even sized pieces.
- Place into a suitably sized dish (approx. 3/4 full).
- Add approximately 1/2 to 1 cup of stock or soup per 500 g meat.
- Ensure that a casserole dish with a lid is used. DO NOT USE PLASTIC WRAP, as the heater could melt the wrap.

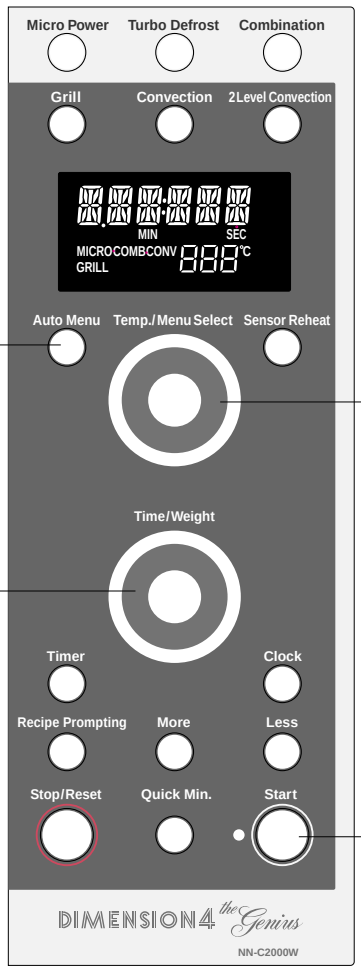
To Cook by Auto Menu

Use of Accessory:



Weight Cook (Auto menu 10 - 18):

This feature allows you to cook most of your favourite foods by setting the weight.



1 Press

2 Select Menu

(Auto Menu 10 - 18)

☛ Category and “SET WEIGHT” appear in the display window.

3 Set Weight

Weight can be entered 0.1 kg intervals.

4 Press

☛ Cooking time appears in the display window and begins to count down.

During cooking, the oven will beep and scroll “TURN OVER”, or “TURN OVER AND ADD VEGETABLES” to signal that the food needs to be turned or added vegetables.

NOTE:

1. These settings are cooked by Combination (Convection and Microwave).
2. When the weight has been entered, the cooking times will be determined.
3. When using settings 12, 14, 16 and 18, enter the weight of the meat only.
   If potatoes are not sufficiently crispened at the completion of cooking, remove roast from oven and leave potatoes on Low Rack. Program Grill 1 for 10 minutes (It is not necessary to preheat).
4. Roasts weighing above or below the recommended weights should be cooked by manual combination (see page 20).

10. BEEF RARE / 11. BEEF MEDIUM (750 g - 3.0 kg)

- Select roasts that are even in shape, if not, tie roasts with string to aid with even cooking.
- Place the beef fat side down on Low Rack, with a shallow dish underneath to collect drips.
- Turn the beef approximately halfway through cooking time.
- At the completion of cooking, wrap in aluminium foil and allow to stand for 10-15 minutes before carving.

12. BEEF MEDIUM AND BAKED VEGETABLES (750 g - 3.0 kg (meat only))

- Select roasts that are even in shape, if not, tie roasts with string, to aid in even cooking.
- Place beef fat side up on Low Rack with a shallow dish underneath to collect the drips.
- Cut vegetables into even sized pieces.
- For roasts weighing more than 1.1 kg, position potatoes around the outside of the rack. Brush with melted butter or oil. and softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time is complete.
- There is no need to turn the meat or vegetables during the cook time. Vegetables may require basting halfway through the cooking time.
- At the completion of the cooking time, wrap the beef in aluminium foil and allow to stand for 10-15 minutes before carving.

13. LAMB (750 g - 3.0 kg)

- Place the lamb fat side down on Low Rack. with a shallow dish underneath to collect drips.
- Turn the lamb over approximately halfway through cooking time.
- At the completion of the cooking time, wrap the meat in aluminium foil and allow to stand for 10-15 minutes before carving.
- Boneless roasts may require an additional 5-10 minutes cooking time: Micro Power MEDIUM.

14. LAMB AND BAKED VEGETABLES (750 g - 3.0 kg (meat only))

- Place lamb fat side up on Low Rack with a shallow dish underneath to collect the drips.
- Cut vegetables into even sized pieces.
- For roasts weighing more than 1.4 kg place potatoes around the outside of the rack. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time is complete.
- At the completion of the cooking time, wrap the lamb in aluminium foil and allow to stand for 10 minutes before carving.

15. PORK (750 g - 3.0 kg)

- Select roasts that are uniform in shape, if not, tie roasts with string, to aid with even cooking.
- Place the pork crackling side up on Low Rack with a shallow dish underneath to collect drips.
- For crispy crackling, score rind, brush with oil and sprinkle with salt.
- There is no need to turn the pork during the cooking time.
- At the completion of cooking time, wrap the pork in aluminium foil and allow to stand for 10-15 minutes before carving.

16. PORK AND BAKED VEGETABLES (750 g - 3.0 kg (meat only))

- Select roasts that are uniform in shape, as this will produce the most evenly cooked result.
- Place crackling side up on Low Rack with a large shallow dish underneath to collect the drips.
- For crispy crackling, score rind, brush with oil and sprinkle with salt.
- Prepare vegetables and cut into even sized pieces.
- For roasts weighing more over 1.2 kg, place potatoes around the outside of the rack. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking.
- There in no need to turn the meat or vegetables during the cook time. Potato may require additional basting halfway through cooking time.

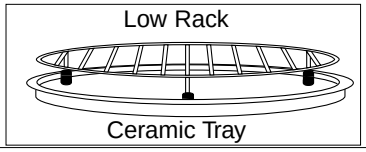
17. CHICKEN (750 g - 3.0 kg)

- To keep chicken in shape during cooking, truss or tie the legs of the bird together.
- Place the chicken breast side up on Low Rack, with a shallow dish underneath to collect the drips.
- If desired, brush the chicken with oil or melted butter and sprinkle with herbs.
- There is no need to turn the chicken during the cooking time. If desired, baste the chicken halfway through cooking.
- At the completion of cooking, wrap the chicken in aluminium foil and allow to stand for 10-15 minutes before carving.

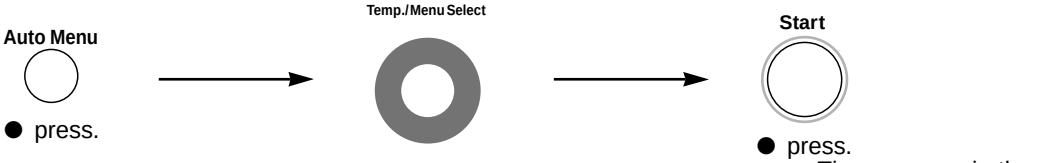
To Cook by Auto Menu

18. CHICKEN AND BAKED VEGETABLES
(750 g - 3.0 kg (meat only))

- To keep poultry in shape during cooking , truss or tie the legs of the bird together. Brush with melted butter and sprinkle with herbs if desired.
- Place the chicken breast side up on the Low Rack with a shallow dish underneath to collect the drips.
- Prepare the vegetables into even sized pieces.
- For chicken weighing 1.1 kg or less, place all vegetables around the outside of the rack. Brush with melted butter or oil.
- For chickens weighing more than 1.1kg, place potatoes around the outside of the rack. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time.
- There is no need to turn the chicken or vegetabeles for the cooking. If desired, baste the chicken and potatoes with melted butter halfway through cooking.
- At the completions of the cooking time, wrap the chicken in aluminium foil and allow to stand for 10-15 minutes before carving.



Auto Cook (Auto menu 19 - 20):



- press.
- Select Menu 19 and 20.
- press.
  ☛ Time appears in the display and begins to count down.

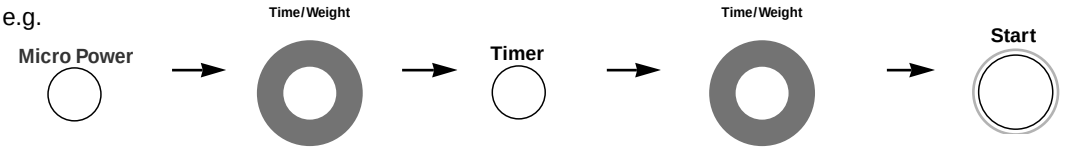
CAKE / SLICE
- This setting is designed for cooking single layer slices and light cakes which are cooked at a moderate temperature.
- Metal cookware may be used. Position dish to be cooked on the Low Rack, placed on Ceramic Tray.
- Preheating is not required.

CAKE / DESSERT
- This setting is designed for cooking layered slices and heavier cakes such as Banana which are cooked at a moderate temperature. It is also suitable for cooking desserts such as apple pie and self saucing puddings.
- Metal cookware may be used. Position the dish to be cooked on Low Rack, placed on Ceramic Tray.
- Preheating is not required.

To set standing Time

Using the Timer Pad, you can program 1) a Stand Time after cooking is completed or 2) a minute timer.

e.g.

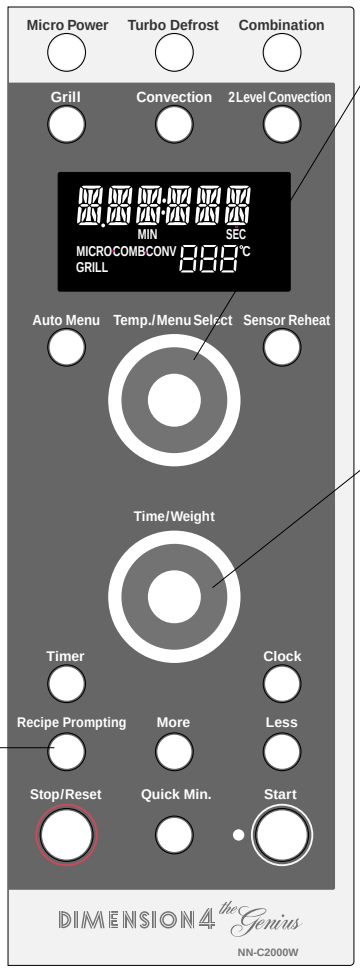


- Select the desired cooking program.
- Press Timer pad.
- Set the desired amount of time. (up to 1 hour 30 minutes)
- Press Start pad.

NOTES:
1. Three stage cooking can be programmed including a Stand Time.
2. If the oven door is opened during the Stand Time, the time in the display window will continue to count down.
3 This feature may also be used as a timer. In this case, eliminate first step.

To Use Recipe Prompting

Recipe Prompting helps you to cook by following the methods in the display window.
40 recipes are programmed. (Refer to the next page.)



1 Press

2 Select Menu

until the desired recipe appears in the display window.

☛ Recipes are arranged alphabetically.

3 Turn

☛ The first instruction will be scrolled across the display window.

Turn clockwise for the next instruction.
Turn counterclockwise
for the previous instruction.

Instructions include operation of microwave / convection oven. For detailed information on operation, please refer to page 14-21.

“ENJOY YOUR MEAL” will be scrolled across the display window at the end of each recipe.

To Use Recipe Prompting

NOTE:
Throughout Recipe Prompting, the oven will instruct you to set the cooking time and power level at each stage of the recipe. Set the instructed power level and cooking time using the Micro Power pad and Time / Weight Dial. These settings are a guide only. If you wish to change, the oven can accept a different power level and cooking time.
For further information about cooking any of these recipes, refer to the cooking guide section.

The following recipes are programmed in Recipe Prompting:

Recipe	Page	Recipe	Page
1. APRICOT HONEY SLICE	86	21. HONEY SESAME DRUMSTICKS	57
2. APRICOT NECTAR CHICKEN	54	22. LEMON PEPPER FISH	46
3. BLUEBERRY MUFFINS	84	23. LEMON POPPY SEED COOKIES	90
4. CARAMEL SAUCE	93	24. MINI BAKED POTATOES	74
5. CHEESE AND HAM FILLED POTATOES	74	25. PEACH CRUMBLE	92
6. CHEESE SAUCE	35	26. PEPPER POT BEEF	68
7. CHICKEN AND MUSHROOM PASTA SAUCE	81	27. POTATO CASSEROLE	75
8. CHICKEN CACCIATORE	52	28. POTATO WEDGES	75
9. CHICKEN CURRY	54	29. PUMPKIN SOUP	38
10. CHICKEN RISOTTO	79	30. RICH CHOCOLATE SAUCE	93
11. CHILLI BEEF	64	31. ROAST HERB CHICKEN	55
12. CHINESE BEEF AND VEGETABLES	66	32. SEASONED RICE	79
13. CHOCOLATE BROWNIES	86	33. SEASONED ROAST LAMB	63
14. CHOCOLATE FUDGE	83	34. SOY CHICKEN AND VEGETABLES	57
15. CREAMY BACON SAUCE	80	35. SPAGHETTI MEAT SAUCE	80
16. FRAGRANT COCONUT RICE	78	36. SPEEDY CHOCOLATE BIT SLICE	88
17. FRENCH ONION BEEF CASSEROLE	65	37. SWEET BERRY SAUCE	93
18. GARLIC PRAWNS	48	38. TOMATO AND BACON SOUP	37
19. GINGERED WHOLE FISH	48	39. TOMATO VEGETABLE CASSEROLE	73
20. HERBED VEGETABLES	72	40. VEGETABLE CURRY	73

To Use Quick Min. Pad

This feature allows you to set cooking times at Micro Power “HIGH” easily in multiples of one minute.

Quick Min.

- Press to set cooking time. (up to 10 minutes)
  ☛ Time appears in the display.

Start

- Press.
  ☛ Cooking starts. Time in the display begins to count down.

NOTE: If you use Quick Min., you cannot use the Time / Weight Dial or vice versa.

To Change the Cooking Time

While operating, you can change the cooking time.
1. Press the Function Pad you set.
2. Change the cooking time to desired amount by using the Time / Weight Dial.
You can change the oven temperature by using the Temp. / Menu Select Dial.
This feature is not available for Sensor Reheat or Auto Menu.

Before Requesting Service

ALL THESE THINGS ARE NORMAL:	
The oven causes interference with my TV.	Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryer, etc. It does not indicate a problem with your oven.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.
I accidentally ran my microwave oven without any food in it.	Running the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.
There are humming and clicking noises from my oven when I cook by Combination.	These noises occur as the oven automatically switches from microwave power to Convection/Grill, to create the Combination setting. This is normal.
The oven has an odour and generates smoke when using the Convection, Combination and Grill function.	It is essential that your oven is wiped out regularly particularly after cooking. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	Start pad was not pressed after programming.	Press Start pad.
	Another program has already been entered into the oven.	Press Stop/Reset pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	Stop/Reset pad has been pressed accidentally.	Program oven again.
The words “DEMO MODE”* appear on the screen.	Clock pad has been pressed three times.	Deactivate mode by pressing Clock pad three times.
When the oven is turning on, there is noise coming from Ceramic Tray.	Roller Ring and oven bottom are dirty.	Clean these parts according to Care of Your Oven (see page 97).

* DEMO MODE is designed for retail store display.
Cooking and other functions will not operate during demo mode.

If it seems there is a problem with the oven, contact an authorised Service Centre.

Microwave Recipe Preparation and Techniques

Microwaves penetrate the surface of the food to a depth of about two to three centimeters and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwaving techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must to be familiar with the following tips.

Food Characteristics

Size and Quantity
Small portions cook faster than large portions.
As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has only the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.
As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

Liquid Content
Low moisture foods take a shorter time to cook than foods with a lot of moisture.

Shape
Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

Bone and Fat
Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and meat next to these areas may overcook.

Starting Temperature
Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

Density and Composition
Porous, airy foods (cakes and breads) take less time to cook than heavy compact foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

Key to Symbols Used in Recipes

C	Convection
G	Grill
MC	Manual Combination
A	Auto Menu
R	Recipe Prompting
No symbol	Microwave only

Techniques for Preparation

Timing
A range of cooking times is given in each recipe for two reasons. Firstly, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

Stirring
Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

Rearranging or Turning
Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

Cooking in Layers
Cooking in layers is not always successful as it takes twice as long to cook as a single layer and cooking may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

Piercing of Foods
Pierce the skin or membrane of foods when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

Cured Meats
Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

Microwave Recipe Preparation and Techniques

Covering
Covering food minimises the microwave cooking time. Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so retains more heat and steam. Wax paper and paper towels hold the heat in, but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover, when steam is not needed for tenderising.

Browning
Meats and poultry, cooked longer than 10 to 15 minutes, brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce, or soy sauce. Simply brush one of these sauces over meat or poultry before cooking. Baked goods do not need long cooking time and therefore, do not brown. When cakes or cupcakes are iced, no one will notice this visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

Standing Time
The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules had been vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves in or outside your microwave oven. Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking. The amount of standing time varies with the size and density of the food. In meat cookery the internal temperature will rise between 5˚C and 10˚C if allowed to stand covered for ten to fifteen minutes. Casseroles and vegetables need a shorter amount of standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges. The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminium foil.

Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, reduce the conventional cooking time to one quarter or a third.
e.g. A chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on a medium power in your microwave oven.
Use similar microwave recipes to help you adapt conventional recipes. Remember it is always best to undercook a recipe and then add an extra minute or two to finish it off.
Here are some other tips that may help:

- Reduce liquids in a conventional recipe by one half to two thirds. e.g. 1 cup should be reduced to $^1/_2$ cup.
- Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
- Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
- Do not salt meats, poultry or vegetables before cooking otherwise they will toughen and dry out.
- If one ingredient takes longer to cook than the others, precook it in the microwave oven first. Onion, celery and capsicum (green/red peppers) are examples.
- If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
- Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
- Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar, and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
- Since microwaves penetrate foods about two centimeters from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
- Items with a lot of water, such as rice or pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked soufflés or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

Microwave Recipe Preparation and Techniques

Menu Planning for Microwave Cooking

How to Keep Everything Hot at The Same Time

Plan your meals so that the food will not all need last minute cooking or attention at the same time. The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavor of either. A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving. It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meal as follows.

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing.
6. Cook the gravy with the retained meat juices, stock and thickening
7. Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be suitably reheated on MED HIGH, at 2 minutes per serving.

If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.

Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on HIGH for approximately 10 to 15 minutes for a serving for four people. Remember, if you increase the quantity of vegetables, increase the cooking time. Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as dense as fresh vegetables, as they have been blanched before freezing. If vegetables are cut to a similar size to each other, they can be cooked in separate ramekins or small dishes at the same time.

Handy Hints and Tips

- To blanch (1 cup) nuts, place in a pie plate. Cover with hot tap water and heat on HIGH for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.
- To toast coconut, place half a cup on a paper towel, and cook on HIGH for 1 to 2 minutes, stirring occasionally.
- To make buttered breadcrumbs, combine 1 cup breadcrumbs and 2 tablespoons butter and heat on HIGH for 1 to 2 minutes, stirring occasionally.
- When heating 100 9 baby food, select HIGH for 15 to 30 seconds, depending on the amount of food or liquid and the starting temperature of it. Test temperature before serving or further heating.
- For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to 2 minutes.
- To soften cream cheese or butter, place in oven on LOW for $^1/_2$ to 1 minutes per $^1/_2$ cup.
- Refrigerated cheese (250 g) can be heated to room temperature on MEDIUM for 1/2 to 1 minute, depending on size.
- When having a barbecue, partially cook food in the microwave, season and finish cooking on the barbecue.
- To melt chocolate, place 100 9 broken chocolate in a 4 cup glass jug and heat on MEDIUM for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time to cooking.
- To remove oven odors, combine $^1/_2$ teaspoon vanilla essence with 1 cup water in a small bowl and heat on HIGH 4 to 5 minutes. Wipe oven interior with a damp cloth.
- To toast 1 cup almonds place onto a plate and heat on HIGH for 2 to 3 minutes, stirring every minute.
- To dry herbs, arrange $^1/_2$ cup of leaves evenly on paper towel. Place a mug of water into the oven next to the herbs and cook on HIGH for 1 to 3 minutes, or until dry and crumbly. Check herbs frequently as timing may vary with different herbs. Please note that herbs dry and crumble on standing outside the microwave oven.
- To soften dried fruit, place 1 cup of dried fruit into a small bowl. Add 2 tablespoons of water, cover with plastic wrap and cook on HIGH for 2 to 3 minutes.
- To skin tomatoes, place 1 cup of hot tap water in a 2 to 3 cup jug or bowl and heat on HIGH for $1^1/_2$ minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds, remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.
- To dry fresh breadcrumbs (1 cup), spread on the base of a plate and heat on HIGH for 2 to 3 minutes, stirring twice during heating.

Cheesy Ham Omelette

Boiled Egg

Eggs cooked in their shells in a microwave oven can, and often do, explode due to the build up of internal pressure. However, by following the instructions given here, you can boil an egg successfully. Just take care to use foil as instructed below.

Ingredients:

1 x 60 g	egg
1/2 cup	hot water
	aluminium foil

Method:
Wrap egg totally in aluminium foil. There should be no egg showing. Place egg in a 1-cup glass jug with 1/2 cup hot water. Cook on HIGH
—for soft boiled 4 to 5 minutes
—for hard boiled 5 to 6 minutes.
Allow to stand in the cooking water 2 minutes for soft boiled and 5 minutes for hard boiled before serving.

Tip: While microwaving boiled eggs does not save you time, it does save you electricity and, best of all, washing up. All you have to do if you want more than one egg, is use a larger dish, more water (say, Two cups) and cook a little longer (an extra 2 to 4 minutes).

Scrambled Eggs

Serves: 2

Ingredients:

4 x 60 g	eggs
4 tablespoons	milk
	pinch salt

Method:
In a 1-litre casserole dish, beat eggs lightly with a whisk. Add milk and salt and whisk until well combined. Cover dish with plastic wrap and cook on MED HIGH for 1 1/2 to 2 minutes. Stir eggs and cook for a further 1 1/2 to 2 minutes. Stand covered for 1 minute before serving.

Cheesy Ham Omelette

Serves: 1 to 2

Ingredients:

3	eggs, separated
2 tablespoons	milk
	salt and pepper
1/4 cup	grated cheese
50 g	ham, cut into strips
1	spring onion, finely sliced
	butter for greasing

Method:
Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and spring onion. Place onto a well greased dinner plate. Cook on MEDIUM for 4 to 5 minutes. Stand for 2 minutes before folding in half to serve.

Poached Eggs

Serves: 2

Ingredients:

2 x 60 g	eggs
1/2 cup	hot tap water
	dash of vinegar
	pinch of salt

Method:
Place 1/4 cup of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls. Cook water on HIGH for 30 to 60 seconds.
Break egg into boiling water and with a toothpick pierce egg yolk twice and egg white several times. Cover dish with plastic wrap and cook on MED HIGH for 40 to 60 seconds.
Stand covered for 1 minute before serving.

Note: The size of the egg will alter cooking time.

Fried Eggs

A good recipe for the browning dish.
Serves: 1 to 4

Ingredients:

1 to 4	eggs (60 g)
1 to 2 tablespoons	butter

Method:
Preheat a browning dish on HIGH for 4 to 5 minutes. Add butter. Break eggs into browning dish. Cook on HIGH for:
1 egg-15 to 20 seconds
2 eggs-20 to 30 seconds
4 eggs-30 to 40 seconds
Allow to stand for 1 minute before serving.

Bacon

Serves: 1 to 2

Ingredients:

2	rashers of bacon

Method:
Place rashers between two sheets of paper towel on a dinner plate. Cook on HIGH for 2 to 3 minutes.

Porridge

Serves: 1

Ingredients:

1/4 cup	quick cooking oats
2/3 cup	water
1/4 teaspoon	salt

Method:
Combine all ingredients in a breakfast bowl. Cook on HIGH for 1 to 2 minutes, stirring halfway through cooking. Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

Hot Lemon and Honey Drink

Makes: 1

Ingredients:

1/2	lemon, juiced
1 tablespoon	honey
3/4 cup	water

Method:
Mix all ingredients in a 2-cup heatproof jug. Cook on HIGH for 2 to 3 minutes. Stir well.

Tea

Serves: 1

Ingredients:

3/4 cup	hot tap water
1	tea bag

Method:
Pour water into a heatproof cup. Cook on HIGH for 1 to 2 minutes. Stir, then submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

Coffee

Serves: 1

Ingredients:

3/4 cup	water
1 to 2 teaspoons	instant coffee

Method:
Pour water into a heatproof cup. Add coffee. Stir. Cook on HIGH for 1 to 2 minutes. Add milk and sugar if desired. Stir.

Hot Cocoa

Makes: 1 cup

Ingredients:

2 teaspoons	cocoa powder
1 teaspoon	sugar
2 tablespoons	water
3/4 cup	milk

Method:
Combine cocoa, sugar and water in a heatproof cup. Cook on HIGH for 10 to 15 seconds. Stir in milk. Cook on MED HIGH for 1 to 2 minutes.

Grilled Cheese on Toast G

Serves: 2 to 4

Ingredients:

4	slices bread
	butter for spreading
4	slices tasty cheese

Method:
Preheat oven on Grill 1.
Place on High Rack and cook one side of bread on Grill 1 for 3 minutes. Spread untoasted side with butter and top with cheese slices. Cook on Grill 1 for 3 to 5 minutes.

Muesli

Makes: 4 cups

Ingredients:

1/3 cup	honey
2 tablespoons	butter
2 cups	rolled oats
1/2 cup	unprocessed bran
1/2 cup	shredded coconut
1/3 cup	nuts, chopped
1/3 cup	sunflower seeds
1/2 cup	dried mixed fruit

Method:
Warm honey and butter in a large dish on HIGH for 1 to 1 1/2 minutes. Add dry ingredients and mix well. Cook on HIGH for 5 to 6 minutes, stir halfway through cooking. Stir in dried fruit and allow to cool completely before storing in an airtight container.

Boiled Rice

Serves: 4

Ingredients:

1 cup	long grain rice
2 cups	hot tap water
1/2 teaspoon	salt

Method:
Place all ingredients in a 3-litre dish. Cook uncovered on HIGH for 10 to 12 minutes. Stand covered for 10 minutes. Drain and serve.
Tip: Butter and parsley can be mixed through before serving.

Boiled Brown Rice

Serves: 3 to 4

Ingredients:

1 cup	brown rice
3 cups	boiling water
1/2 teaspoon	salt

Method:
Place all ingredients in a 4-litre dish. Cook uncovered on HIGH for 25 to 30 minutes. Stand covered for 10 minutes. Drain and rinse under hot water.

Gravy

Makes: 2 cups (500 ml)

Ingredients:

2 tablespoons	dripping or pan juices
1	small onion, finely chopped
2 tablespoons	flour
1 tablespoon	tomato paste
1 1/2 cups	beef stock
	salt and pepper

Method:
Place dripping or pan juices and onion in a 2-cup jug. Cook on HIGH for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well and cook on HIGH for 2 minutes. Add remaining stock, stir well and cook on HIGH for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

Cheese Sauce R

Makes: 1 cup

Ingredients:

40 g	butter
2 tablespoons	flour
1 1/2 cups	milk
1/2 cup	grated cheese

Method:
Place butter in a one litre jug. Set on HIGH for 50 seconds. Whisk in flour. Whisk in milk. Set on HIGH for 2 minutes. Stir in cheese. Set on HIGH for 2 minutes.

Pasta

Serves: 1 to 2

Ingredients:

125 g	dried pasta
4 cups	boiling water

Method:
Place pasta and water in a 2 to 3 litre casserole dish. Cook uncovered on HIGH for 10 to 12 minutes. Allow to stand for 3 to 5 minutes before draining.

Vegetable Soup

Serves: 4 to 6

Ingredients:

500 g	prepared vegetables of your choice (carrots, turnips, celery, etc.) finely chopped
1	onion, chopped
2 tablespoons	butter
2 tablespoons	plain flour
$3^1/_2$ cups	chicken stock
	salt and pepper
3 tablespoons	parsley, chopped

Method:
Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Set aside. Place onion and butter in a 4-cup jug and cook on HIGH for 2 to 3 minutes. Add flour to onion mixture and mix well. Cook on HIGH for 3 minutes, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables in casserole dish. Cook on HIGH for 12 to 14 minutes. Season with salt and pepper and serve, sprinkled with chopped parsley.

Baked Custard

Serves: 4 to 5

Ingredients:

425 ml	milk
3	eggs, lightly beaten
$^1/_4$ cup	sugar
1 teaspoon	vanilla essence
	pinch ground nutmeg

Method:
Place milk in a 4-cup glass jug. Cook on HIGH for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish, sprinkle with nutmeg.
Cook on MED LOW for 15 to 17 minutes. Stand covered for 5 minutes before serving.

Popcorn

Serves: 2 to 4

Ingredients:

2 teaspoons	butter
3 tablespoons	popping corn

Method:
Place all ingredients in a loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on HIGH for 2 minutes.
Remove from bag and serve sprinkled with salt.

Packet Cake

Serves: 4 to 6

Ingredients:
1 packet cake mix (340 g)
ingredients as recommended by manufactures

Method:
Mix cake and other ingredients with a metal spoon. DO NOT OVER BEAT. Pour into 20 cm round dish that has been lightly greased and lined. Cook on MEDIUM for 6 to 8 minutes. Stand and allow to cool before removing.

Variations:
1 tablespoon jam added to batter before cooking.

Half the water suggested by manufacturer and add 1 cup sour cream to batter.

Half a cup chopped nuts, $^1/_4$ cup brown sugar and 1 teaspoon cinnamon. Mix and place on base of cake dish before adding batter to cake pan.

2 tablespoons honey and 30 g butter melted in glass jug, cook on HIGH for 30 to 60 seconds. Pour over just baked butter cake. Sprinkle with cinnamon. Serve warm with cream or custard as a dessert or cold with cream as a tea cake.

A quarter of a cup toasted muesli mixed with 1 tablespoon marmalade placed in the base of the dish.

Tip: Packet cakes are best mixed by hand as the microwaves will do the aerating.

Pea and Ham Soup

Serves: 6 to 8

Ingredients:

500 g	split peas
2 cups	water
500 g	ham or bacon bones
1	bay leaf
3 cups	water, extra
2	rashers bacon, rind removed
1	medium sized carrot, peeled and diced
1	large onion, peeled and diced
1/2 teaspoon	thyme
6 cups	chicken or bacon stock

Method:
Soak peas in 2 cups of water for at least 1 hour. Drain. Place peas and 3 cups of fresh water in a 4-litre casserole dish with bones and bay leaf. Cook covered on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 20 to 25 minutes. Remove meat from bones and set aside. Discard bay leaf. Place bacon between 2 sheets of paper towel on a dinner plate and cook on HIGH for 1 to 2 minutes. Crumble bacon with your fingers. Place meat from bones, carrot and onion in a small dish and cook on HIGH for 2 minutes. Add vegetables, bacon, thyme and stock to split peas. Cook on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 15 minutes. Serve hot in individual bowls.

French Onion Soup G

Serves: 8

Ingredients:

30 g	butter
750 g	onions, peeled and thinly sliced
2 tablespoons	flour
4 cups	beef stock
1/2 cup	white wine
	freshly ground black pepper
1	small French stick, cut into 12 slices
125 g	grated Swiss cheese

Method:
Place butter in a 3-litre casserole dish. Cook on HIGH for 1 minute. Add onions and cook on HIGH for 6 to 8 minutes. Add flour, stir well and cook on HIGH for 1 minute. Gradually stir in stock, wine and black pepper. Cook on HIGH for a further 10 to 12 minutes. Preheat oven on Grill 1. Place slices of bread on High Rack and cook on Grill 1 for 1 to 2 minutes. Sprinkle with cheese. Cook on Grill 1 for 2 to 3 minutes or until cheese is melted and is slightly golden. Place bread on top of soup.

Tomato Bacon Soup R

Serves: 4 to 6

Ingredients:

4	rashers bacon, chopped
1	onion, diced
840 g	can crushed tomatoes
2 tablespoons	tomato paste
2 cups	chicken stock
1 teaspoon	oregano
	freshly ground black pepper

Method:
In a 4 litre dish place bacon and onion. Set on HIGH for 3 minutes. Add tomatoes, tomato paste, chicken stock, oregano and pepper. Set on High for 8 minutes. Stir. Set on HIGH for 8 minutes. Puree.

Mushroom Soup

Serves: 4

Ingredients:

1 tablespoon	butter
250 g	mushrooms, sliced
1 tablespoon	flour
2 cups	chicken stock
1/4 cup	white wine
1 teaspoon	mustard
1/2 cup	cream

Method:
Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on HIGH for 5 minutes. Add flour, stock, wine, mustard and cream to mushrooms and mix well. Cover and cook on HIGH for 6 to 8 minutes, stirring halfway through cooking. This soup can be puréed if preferred.

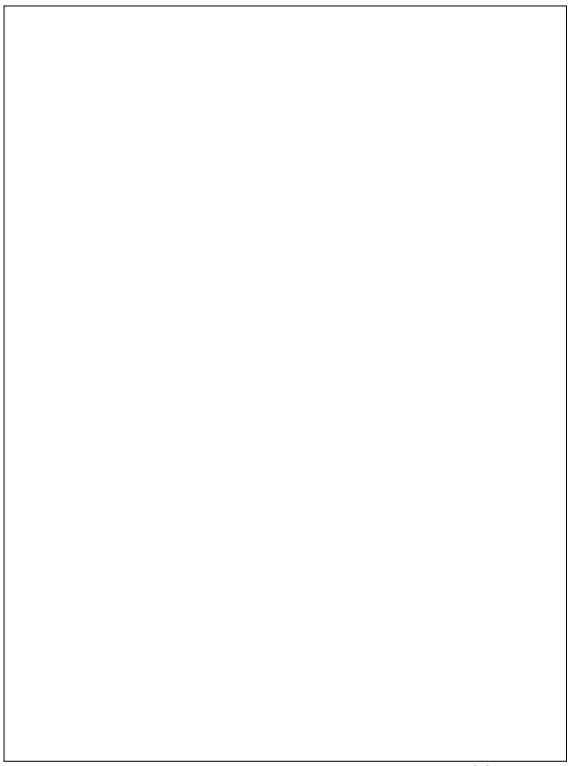
Croutons G

Serves: 4 to 6

Ingredients:

4 tablespoons	butter
12	slices bread, crusts removed
1 teaspoon	mixed herbs (optional)

Method:
Melt butter on HIGH for 1 minute. Preheat oven on Grill 1. Cut bread into 1 cm cubes. Combine melted butter and herbs, pour over bread cubes. Mix well and place on a baking tray. Place on High Rack. Cook on Grill 1 for 3 to 4 minutes, turning halfway through cooking.



Pumpkin Soup

Pumpkin Soup R

Makes: 2 to 4

Ingredients:

1 kg	pumpkin
1	diced onion
2 cups	chicken stock
1 teaspoon	curry powder

Method:
Peel pumpkin and remove seeds. Dice pumpkin into 3 cm pieces. Place pumpkin and onion in a 3-litre casserole dish. Cook on HIGH for 15 minutes. Add stock and curry. Cover and cook on HIGH for 15 minutes. Cool slightly. Purée pumpkin and liquid in a blender or food processor.

Crispy Focaccia Fingers G

Serves: 4 to 6

Ingredients:

1	focaccia bread (approximately 20 cm square)
50 g	butter, softened
1 tablespoon	mixed dried herbs

Method:
Preheat oven to Grill 1. Cut the focaccia through the centre. Spread with combined butter and herbs. Cut into 2 cm wedge shaped pieces. Place on High Rack and cook on Grill 1 for 3 to 4 minutes or until crisp and brown.

Potato and Leek Soup

Serves: 4 to 6

Ingredients:

4	large potatoes, peeled, thinly sliced
1 1/2 cups	thinly sliced leeks
2 teaspoons	dried thyme
2 cups	hot chicken stock
1 tablespoon	flour
	salt and pepper
1 1/2 cups	cream

Method:
Place potatoes, leeks, thyme and chicken stock in a 3-litre casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Cool slightly. Puree potato mixture in a food processor or blender, adding flour, salt, pepper and cream. Return to dish. Cook on MED HIGH for 4 to 6 minutes. Serve hot, in individual bowls.

Pita Chips C

Serves: 4 to 6

Ingredients:

2	Lebanese bread
or	
3	pita bread rounds
2 tablespoons	olive oil
1/2 teaspoon	dried oregano
1/2 teaspoon	dried basil

Method:
Preheat oven to 170˚C. Split bread in half horizontally, cut into triangles. Combine remaining ingredients in a small bowl. Brush one side of the bread with this mixture. Place bread slices on oven trays on Low Rack. Bake for 8 to 10 minutes, or until lightly browned. Cool chips on oven trays. Store in an airtight container. Serve with dips or as an alternative to potato chips.

Hommus

Serves: Approximately 2 cups

Ingredients:

250 g	chick pea
8 cups	water
2 tablespoons	lemon juice
3	cloves garlic, crushed
3 tablespoons	olive oil

Method:
Place chick peas and water in 4-litre casserole dish and soak overnight. Cover and cook on HIGH for 15 minutes. Then for a further 45 minutes on MED HIGH. Place all ingredients into food processor and process for 6 to 8 minutes or until smooth. If mixture is too thick add extra water. Serve as a dip with blanched carrot, cauliflower and broccoli.

Potato and Corn Soup

Serves: 6 to 8

Ingredients:

6	rashers bacon, rind removed
1	onion, thinly sliced
500 g	potatoes, peeled and diced
4 cups	chicken stock
1 can (440 g)	creamed corn
2 tablespoons	flour, mixed with a little stock
1/2 teaspoon	thyme
	salt and pepper

Method:
Chop bacon and place in a 4-litre dish. Cook on HIGH for 4 to 6 minutes. Remove bacon from dish, and set aside. Add onion and potatoes to dish and cook on HIGH for 8 to 10 minutes. Add stock and cook on HIGH for a further 8 to 10 minutes. Mix flour with 2 tablespoons of stock and add to dish with corn, thyme and bacon. Cook on HIGH for 4 to 6 minutes. Stir halfway through cooking. Season with salt and pepper.

Crab and Corn Soup

Serves: 4 to 6

Ingredients:

1 tablespoon	oil
1	onion, finely chopped
425 ml	boiling chicken stock
1 can (300 g)	creamed corn
	salt and pepper
1 can (170 g)	crabmeat, drained
150 ml	milk
3 tablespoons	cream
	chopped parsley for garnish

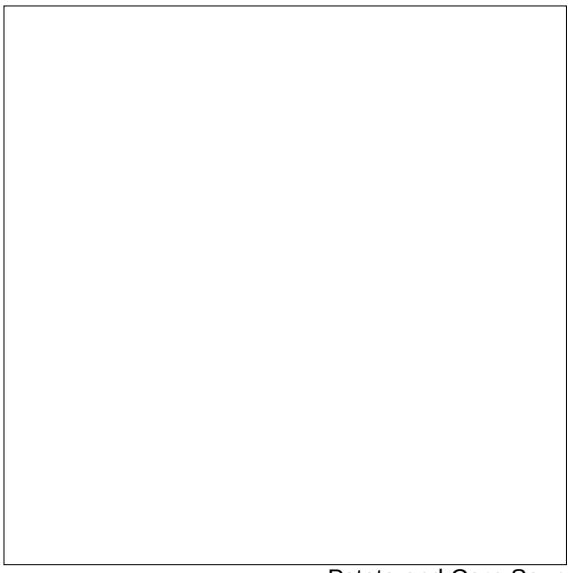
Method:
Place oil and onion in a 3-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on HIGH for 5 minutes. Add crabmeat and milk and mix well. Cook on HIGH for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

Spicy Tomato Soup

Serves: 4

Ingredients:

1	onion, sliced
2	small red chillies, chopped
2	cloves garlic, crushed
2 x 400 g cans	tomato pieces
1 tablespoon	tomato paste
1 1/2 cups	chicken stock
1 teaspoon	dried oregano
	salt and pepper



Potato and Corn Soup

Method:
Place onion, garlic and chilli in a 3-litre dish and cook on HIGH for 1 to 2 minutes. Add tomatoes and tomato paste and cook on HIGH for 8 to 10 minutes. Pour in the stock and oregano. Cover and cook on HIGH for 15 minutes. Purée in a food processor or blender if desired. Season to taste with salt and pepper. Serve in individual soup bowls.

Mini Quiches C

Makes: 36

Ingredients:

4	sheets ready rolled puff pastry
3	eggs, beaten
1 1/2 cups	milk
125 g	bacon, rind removed, bacon chopped
6	spring onions, finely chopped
	salt and pepper paprika

Method:
To Cook by Convection:
Preheat oven to 180˚C. Cut pastry with a scone cutter and fit into 6 cm diameter greased patty tins. Beat together eggs and milk and seasoning. Place small amount of bacon and spring onion in the base of each pastry case. 3/4 fill each pastry case with egg mixture. Sprinkle with paprika. Cook on 180˚C for 15 to 20 minutes.

Terrine de Pork

Serves: 6 to 8

Ingredients:

1 kg	pork, cut into 2.5cm cubes
125 g	pork fat, cut into 2.5 cm cubes
1	egg, lightly beaten
2 teaspoons	mixed herbs
1 tablespoon	chopped parsley
1	onion, finely chopped
	freshly ground black pepper
6	rashers bacon, rind removed

Method:

Feed pork and fat gradually into a food processor until finely minced. Combine meat with egg, herbs, parsley, onion and pepper. Line a 2-litre rectangular dish with bacon rashers. Firmly pack meat into bacon lined dish and fold bacon ends over top of meat. Cook on MED HIGH for 30 to 35 minutes. Stand to cool with a heavy weight on top. Serve cold, sliced, with bread or salad.

Savoury French Sticks

Makes: 2

Ingredients:

2	short French sticks
1	small onion, chopped
2	rashers bacon, rind removed and bacon chopped
200 g	smooth ricotta cheese
4	eggs
1 cup	grated tasty cheese
1/2 teaspoon	mixed dried herbs
	cayenne pepper

Method:

Cut sticks in half lengthwise. Scoop out the centers, leaving a small border. Place onion and bacon into a 2-litre dish and cook on HIGH for 2 to 3 minutes. Beat together cheeses, eggs and herbs. Add to onion mixture, combine well. Place rolls onto a flat plate and fill with egg mixture.
Cook on MED HIGH for 6 to 8 minutes, rearrange rolls halfway through cooking. Serve warm or allow to cool and slice as a snack.

Nachos Supreme

Serves: 4 to 6

Ingredients:

500 g	topside mince
1	onion, chopped
35 g	packet
	Taco seasoning mix
1 can (140 g)	tomato paste
1 teaspoon	Mexican chilli powder
1 can (310 g)	red kidney beans with liquid
180 g	packet corn chips
1	avocado
1/2 cup	sour cream
1/2 cup	grated cheese
	paprika

Method:

Place meat and onion in a 2-litre dish. Cover and cook on MED HIGH for 6 minutes. Mix with a fork breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on MED HIGH for a further 10 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle on paprika. Cook on MED HIGH for 3 to 4 minutes.

Nuts and Bolts

Serves: 6 to 8

Ingredients:

60 g	butter
2 teaspoons	curry powder
2 tablespoons	Worcestershire sauce
1/2 teaspoon	salt
1/4 teaspoon	garlic powder
125 g	packet mixed rice crackers
200 g	salted peanuts
125 g	packet pretzel sticks
1 cup	Nutri- Grain

Method:

Place butter, curry, Worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients, mix well and cook on HIGH for 5 to 6 minutes, stirring twice through cooking. Serve in a bowl with drinks.

Quiche Lorraine C MC

Serves: 4 to 6

Ingredients:
Pastry:

1 1/4 cups	self-raising flour
	pinch salt
80 g	butter
2 tablespoons	water
	squeeze lemon juice
1	egg yolk

Filling:

4	rashers bacon, rind removed and bacon chopped
1/2 cup	grated tasty cheese
3	eggs
350 ml	cream or evaporated milk

Method:
Pastry:
Sift flour with salt. Rub butter into flour until it resembles fine breadcrumbs.
Add water, lemon juice and egg yolk. Mix well. Turn onto a lightly floured board and knead lightly.
Roll out pastry to fit a 23 cm pie plate. Prick thoroughly. Chill for 30 minutes. Preheat oven to Convection 220˚C. Bake blind for 15 to 20 minutes on Convection 220˚C. Allow to cool slightly.

Filling:
Place bacon between two sheets of paper towel on a dinner plate. Cook on HIGH for 4 minutes. Sprinkle bacon and cheese on cooked pie shell.
Beat eggs, cream or evaporated milk and nutmeg and pour over bacon and cheese.

To Cook by Microwave:
Cook on MED HIGH for 8 to 10 minutes.
Sprinkle with paprika and serve.

To Cook by Combination:
Sprinkle with paprika then cook on Combination 2 for 20 to 25 minutes.

Frankfurters

Serves: 5

Ingredients

10	frankfurters
1/4 cup	water

Method:
Place frankfurters in a 2-litre casserole dish. Make a few slits in each frankfurter. Add water to dish.
Cover dish with a lid or plastic wrap.
Cook on HIGH for 4 to 5 minutes.
Tip: To cook one frankfurter, prick and place on a dinner plate. Cook on HIGH for 30 to 40 seconds.

Spinach Quiche MC

Serves: 3 to 4

Ingredients:
Pastry:

2 sheets	ready rolled short crust pastry

Filling:

1/2	bunch spinach, stalks removed and spinach chopped
4	eggs
1 cup	milk or cream
1/4 teaspoon	nutmeg
	freshly ground black pepper
120 g	Gruyere cheese, grated

Method:
Pastry:
Place pastry in the base and sides of a greased 23 cm pie plate. Refrigerate for 30 minutes. Prick the base of the pastry several times with a fork.and cook on Combination 4 for 10 to 12 minutes.

Filling:
Place spinach in a 3-litre casserole dish. Cover and cook on HIGH for 3 to 5 minutes. Drain well between two dinner plates. Beat eggs, milk or cream, nutmeg and pepper together. Add spinach and mix well. Pour into pastry case and sprinkle with cheese. Cook on Combination 2 for 20 to 25 minutes.

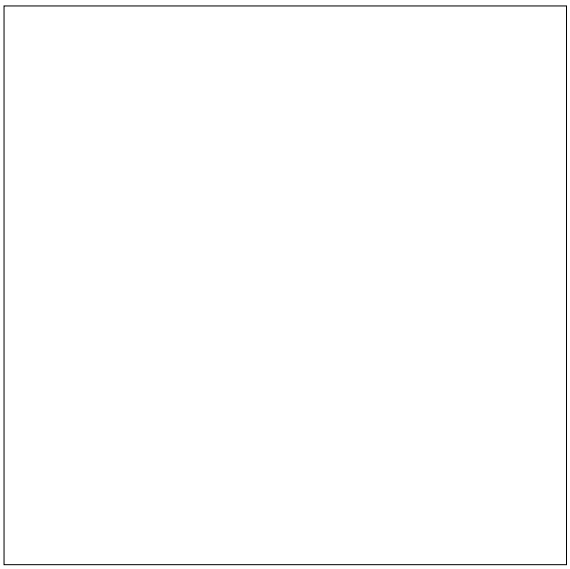
Roasted Nuts

Serves: 2 to 4

Ingredients:

1 cup	raw peanuts (with or without skins, and unsalted)
2 teaspoons	salad oil
	salt to taste

Method:
Place peanuts in a single layer on a pie plate. Cook on HIGH for 4 to 6 minutes, stirring every 2 minutes during cooking until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on HIGH for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.



Lemon Pepper Chicken Wings

Mini Pizza

Makes: 2 to 4

Ingredients:

4	small round pita breads
2 tablespoons	tomato paste
3/4 cup	grated Mozzarella cheese
3/4 cup	chopped salami
50 g	mushrooms, chopped
2	tomatoes, chopped
1 teaspoon	mixed dried herbs

Method:
Place pita bread onto a dinner plate. Spread each piece with tomato paste, then sprinkle with remaining ingredients. Cook on MEDIUM for 4 to 5 minutes.

Cheese Straws C

Makes: 60

Ingredients:

1	sheet ready rolled puff pastry
1/4 cup	milk
1 cup	Parmesan cheese
2 teaspoons	paprika

Method:
To Cook by 2 Level Convection:
Preheat oven to 200°C. Cut each pastry sheet into 10 equal strips (approx. 2 cm wide). Twist pastry strips and place on a round greased baking tray. Brush pastry with egg. Mix cheese and paprika together and sprinkle over each twist.
Cook on 200°C for 10 to 12 minutes or until golden.

Lemon Pepper Chicken Wings G

Serves: 4

Ingredients:

1/3 cup	lemon juice
1/4 cup	olive oil
2	cloves garlic, crushed
1 teaspoon	whole grain mustard
2 tablespoons	chopped parsley
1 teaspoon	cracked black peppercorns
1 kg	chicken wings

Method:
Combine first six ingredients. Place chicken in a flat dish and pour over remaining combined ingredients. Marinate over night or for at least three hours. Preheat oven on Grill 1. Arrange marinated chicken on High Rack. Cook on Grill 1 for 22 to 24 minutes, turning once during cooking.

Pâté

Makes: 2 cups

Ingredients:

2	rashers bacon, rind removed and bacon chopped
1	small onion, finely chopped
1	clove garlic, crushed
125 g	butter
375 g	chicken livers, trimmed and cut in half
1/2 teaspoon	pepper
2 tablespoons	brandy
2 tablespoons	sour cream

Method:
Place bacon, onion, garlic and butter into a 1-litre casserole dish. Cook on HIGH for 4 to 5 minutes. Add chicken livers and pepper to mixture. Cover and cook on MEDIUM for 6 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in a blender or food processor. Add brandy and sour cream and process until smooth. Pour into a 2-cup mould and refrigerate until set.

Spinach and Filo Pie C

Serves: 4 to 6

Ingredients:

1	bunch spinach
250 g	Fetta cheese
4	eggs
1 cup	cream
1 tablespoon	flour
1/2 teaspoon	nutmeg
	ground black pepper
1	clove garlic, crushed
8	sheets filo pastry
40 g	butter, melted
2 teaspoons	sesame seeds

Method:
Wash spinach and remove leaves from stalks. Cut leaves finely and place into a 3-litre casserole dish. Cover and cook on HIGH for 3 to 5 minutes. Drain well. Crumble in Fetta cheese.

To Cook by convection:
Preheat oven to 200˚C. In a small bowl, beat eggs lightly and combine with cream, flour, nutmeg, pepper and garlic. Place 4 buttered sheets of filo pastry in base of pie dish.Place spinach and cheese into pie dish, and pour over egg mixture. Fold one sheet of filo in half widthwise and lay over top of spinach mixture. Brush with melted butter and repeat method with remaining sheets of filo, brushing with butter between each layer of filo. Trim off excess filo around edges and press down at the sides of the dish. Brush with butter and sprinkle with sesame seeds. With a sharp knife cut a diamond pattern in top of filo pastry. Place on Low Rack and cook on Convection 200˚C for 20 to 25 minutes.

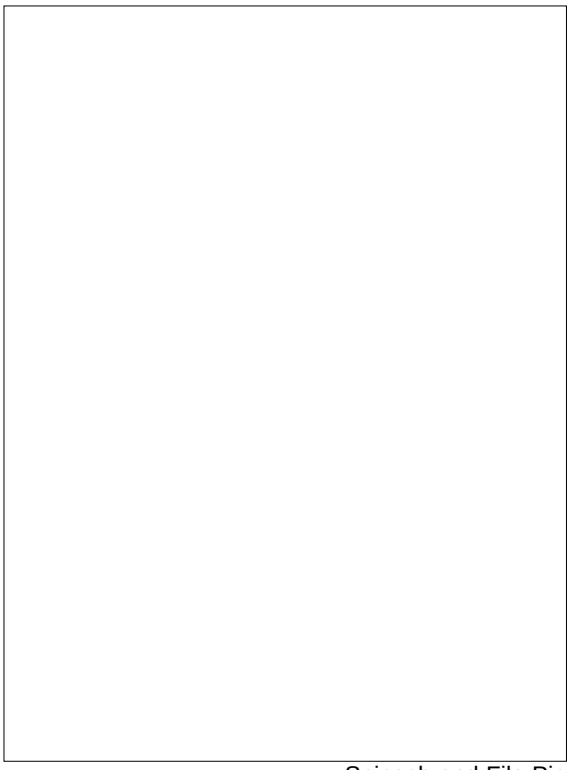
Vegetable Bake G

Serves: 4 to 6

Ingredients:

250 g	cauliflower, cut into small pieces
250 g	broccoli, cut into small pieces
3	carrots, sliced
1/4 cup	water
1/2 cup	cottage cheese
1	egg
1/2 cup	cream
1/2 teaspoon	lemon pepper
1/2 teaspoon	seasoned herbs
1/2 cup	grated tasty cheese

Method:
Place vegetables and water in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain well. Place remaining ingredients except tasty cheese in a bowl and mix well. Pour over vegetables. Cook on MED HIGH for 12 to 14 minutes. Sprinkle with tasty cheese. Place on High Rack and cook on Grill 1 for 5 to 10 minutes.



Spinach and Filo Pie

Luncheon Egg Ring

Serves: 4 to 6

Ingredients:

4	large spinach leaves, stalks removed
2 tablespoons	butter
2 tablespoons	flour
1 cup	milk
1/2 cup	grated Swiss cheese
150 ml	cream
8	eggs
	salt and pepper
1	tomato, chopped finely
2 tablespoons	chopped basil

Method:
Place spinach leaves onto a plate. Cover and cook on HIGH for 2 to 3 minutes. Use the spinach to completely line a 20 cm diameter ring dish. Place butter and flour into a small bowl and cook on HIGH for 40 to 60 seconds. Gradually add milk, stirring well. Cook on HIGH for 2 to 3 minutes, stirring regularly. Stir cheese and cream into sauce. In large bowl, beat eggs, salt and pepper. Add tomato, basil and sauce and mix until well combined. Pour mixture into spinach lined ring. Cook on MEDIUM for 14 to 16 minutes. Allow to stand for 5 to 10 minutes before turning out. Serve warm with a salad as a luncheon dish.

Fish and Shellfish

Directions for Grilling Fish and Shellfish

Cook in oven with High Rack in place on Grill 1 for fillets and steaks, Grill 2 for whole fish and shellfish. For lobster tails, remove soft shell centre (underneath portion) of lobster tails by cutting centre out with kitchen shears. Loosen lobster from shell with fingers, leaving meat attached to tail section. Brush fish and shellfish with melted butter, margarine or oil before and during cooking. Basting helps prevent the fish and shellfish from drying out.

Place fish or shellfish on preheated High Rack. Cook for the times recommended in chart. Whole fish and fish steaks should be carefully turned over halfway through cooking time. If desired, turn thick fish fillets over halfway through cooking. To test for desired cooking, the flesh of fish should easily flake. Seafood should be opaque.

Brush with melted butter.

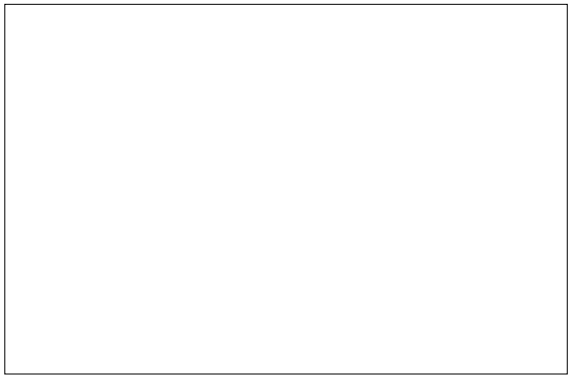
Carefully turn whole fish and steaks over halfway through cooking.

Fish and Shellfish Grilling Chart

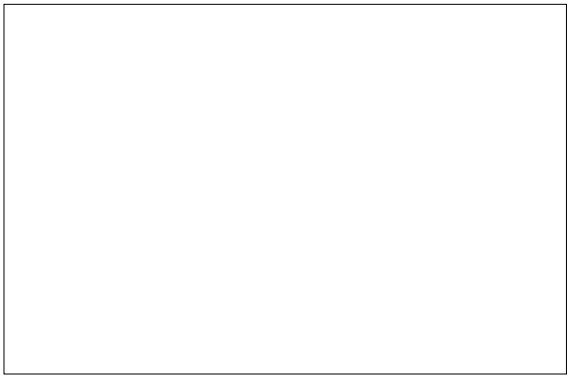
Food	Grilling Setting	Approximate Cooking Time (in min.)
FISH		
Fillets:		
1 cm thick	Grill 1	6 to 8
$1^1/_2$ cm thick	Grill 1	8 to 10
Steaks/Cutlets		
2 cm thick	Grill 1	14 to 16
WHOLE FISH		
250 g to 375 g	Grill 2	10 to 12
500 g	Grill 2	14 to 16
SHELLFISH		
Lobster Tails		
250 g to 300 g	Grill 2	12 to 14
Scallops		4 to 6
Sea Scallops 500 g	Grill 1	
Prawns		
500 g	Grill 2	6 to 8

Fish and Shellfish

Directions for Cooking Fish and Shellfish by Microwave



Clean fish before starting the recipe. Arrange fish in a single layer, do not overlap edges. Prawns and scallops should be placed in a single layer.
To Cook by Time: Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns or scallops.



Directions for Cooking Fish by Auto Menu (Sensor Cook):
Clean and prepare fish. Place in a single layer in a shallow dish. Cover with a lid or plastic film. Select Fish and press Start. There is no need to select power level or time as this is a fully automatic programme. Refer to page 23 and follow directions in recipes.

Fish and Shellfish Chart for Microwave Cooking by Time

Fish or Shellfish	Amount	Power	Approximate Cooking Time (in minutes)
Fish Fillets	500 g	MEDIUM	4 to 6
Scallops (sea)	500 g	MEDIUM	4 to 6
Prawns, medium size (shelled and cleaned)	500 g	MEDIUM	3 to 5
Whole Fish (stuffed or unstuffed)	500 g to 900 g	MEDIUM	6 to 8

Salmon Mornay G

Serves: 2

Ingredients:

40 g	butter
1	onion, diced
1/4 cup	flour
1 teaspoon	dried or
1 tablespoon	fresh parsley
	pepper
1/2 teaspoon	prepared mustard
1/2 cup	milk
1 can (440 g)	salmon
3/4 cup	fresh breadcrumbs
1/3 cup	grated cheese

Method:
Place butter and onion in a 4 cup jug. Cook on HIGH for 1 minute. Add flour and cook on HIGH for 1 minute. Add parsley, pepper, mustard and gradually blend in milk. Cook on HIGH for 3 to 4 minutes, stir halfway through cooking. Lightly mix through salmon and liquid into sauce. Pour into a serving dish and top with breadcrumbs and cheese. Place on Low Rack and cook on Grill 1 for 5 to 10 minutes.

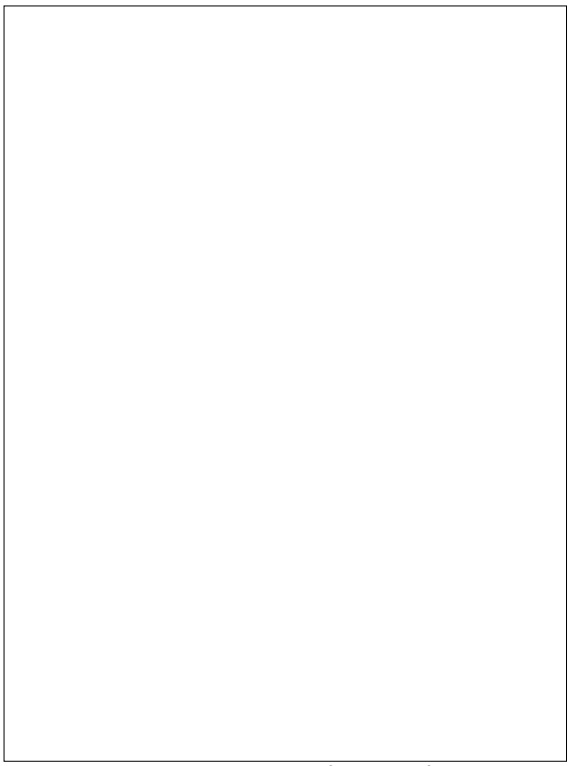
Sweet Scallop Stir Fry

Serves: 2 to 4

Ingredients:

1 tablespoon	oil
1	onion, quartered
1/2 teaspoon	crushed garlic
1/2	large red capsicum, sliced
2	sticks celery, sliced
2 tablespoons	sliced water chestnuts
100 g	snowpeas
1 tablespoon	honey
1 tablespoon	sweet chilli sauce
1 tablespoon	chopped mint
500 g	scallops

Method:
Preheat a browning dish on HIGH for 5 to 7 minutes. Add onions and garlic and cook on HIGH for 1 to 2 minutes. Add remaining ingredients and cook on HIGH for 3 to 5 minutes, stir halfway through cooking. Serve immediately.



Cheesy Lobster Mornay

Salmon Pâté

Serves: 2 1/2 cups

Ingredients:

1 tablespoon	butter
3	spring onions, sliced
1 tablespoon	plain flour
1 teaspoon	prepared mustard
	salt and pepper
1/2 cup	sour cream
1/4 cup	mayonnaise
1/4 cup	white wine
1 tablespoon	lemon juice
1 can (440 g)	salmon, drained and bones removed
1 tablespoon	gelatine
1/4 cup	water

Method:
Place butter and spring onions in a 1-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, mustard, salt and pepper. Stir and cook on HIGH for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor.
Place gelatine and water in small dish and cook on HIGH for 20 to 30 seconds. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2 1/2 cup mould and refrigerate until set.

Cheesy Lobster Mornay G

Serves: 2

Ingredients:

3 tablespoons	butter
3 tablespoons	flour
1 cup	milk
1/2 cup	grated cheese
1	cooked lobster
	juice of 1/2 lemon
	pinch of paprika
2 tablespoons	grated cheese, extra

Method:
Melt butter on HIGH for 30 seconds in a 4-cup jug. Add flour, stir and cook on HIGH for 20 to 30 seconds, stirring halfway through cooking. Add milk gradually. Stir well. Cook on HIGH for 2 minutes, stirring halfway through cooking. Add cheese and mix well. Cut lobster in half lengthwise. Discard all inedible parts. Sprinkle each half of lobster with lemon juice. Preheat oven on Grill 1.
Spoon cheese sauce over lobster. Sprinkle with extra cheese and paprika. Place lobster halves on a grill tray. Place on High Rack and cook on Grill 1 for 5 to 6 minutes. Serve with lemon slices and parsley.

Lemon Pepper Fish R

Serves: 2

Ingredients:

300 g	fish fillets
1/4 cup	lemon juice
1 teaspoon	cracked black (ground) pepper

Method:
In a 1-litre dish place all ingredients. Set on MEDIUM for 6 to 7 minutes. Stand for 3 minutes.

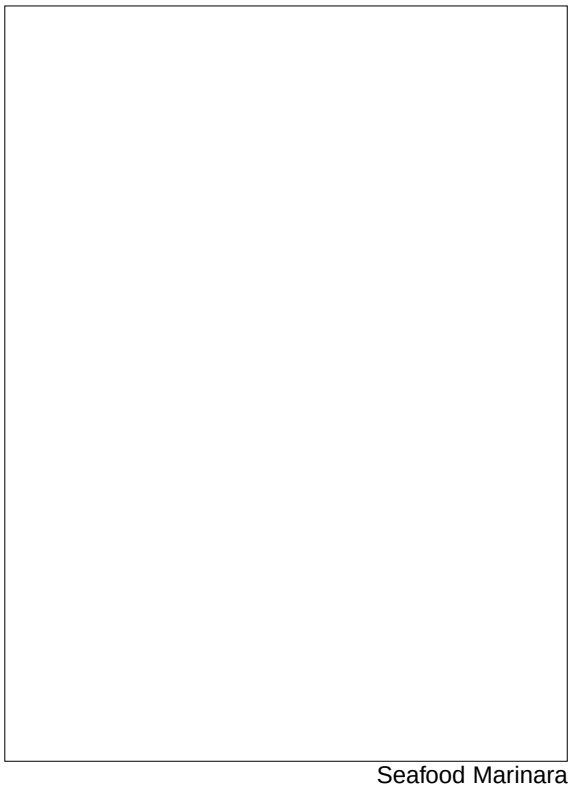
Thai Fish Cakes G

Serves: 4 to 6

Ingredients:

500 g	white fish fillets
1 tablespoon	red curry paste
2 tablespoons	cornflour
1 teaspoon	chopped chilli
1 tablespoon	fish souce
3	shallots, chopped
1/4 cup	coriander leaves
2 tablespoons	oil

Method:
Preheat oven to Grill 1. Place all ingredients exept oil in a food processor and blend until smooth. Place tablespoon of mixture onto an oiled tray. Place on High Rack and cook on Grill 1 for 8 to 10 minutes turning halfway through. Serve with sweet chilli sauce.



Seafood Marinara

Seafood Marinara

Serves: 4

Ingredients:

250 g	scallops
250 g	prawns, shelled and deveined
1	squid, (approx. 275 g) cleaned and sliced
2 tablespoons	butter
1	clove garlic, crushed
2	tomatoes, peeled and chopped
1 tablespoon	tomato paste
1/4 cup	white wine
1 teaspoon	basil
	pepper
	chopped parsley

Method:
Place cleaned seafood into a 2-litre dish. Set aside. Place butter and garlic in a 1-litre dish. Cook on HIGH for 1 minute. Add remaining ingredients except seafood to dish and cook on HIGH for 5 minutes. Purée tomato mixture in a blender or food processor and pour over seafood. Cook on MED HIGH for 5 to 7 minutes. Stand for 5 minutes. Serve with pasta or salad.

Golden Wrapped Fish C

Serves: 4

Ingredients:

4	white fish fillets (500 g)
2 tablespoons	butter
4	spring onions, finely sliced
150 g	mushrooms, finely sliced
	salt and pepper
4	sheets ready rolled puff pastry
1	beaten egg yolk for glazing
	sesame seeds

Method:
Pat dry fillets with paper towel. Melt butter in a 2-litre casserole dish on HIGH for 1 minute. Add spring onions and mushrooms and cook on HIGH for 1 to 2 minutes. Season with salt and pepper.

To Cook by Convection:
Preheat oven to 220°C. Lay each fillet in the centre of each sheet of pastry. Place 1 to 2 tablespoons of the filling over the top of each fish fillet. Fold sides of pastry to centre and press firmly together. Brush with egg yolk and sprinkle with sesame seeds. Make several slits in pastry and place on a lightly greased baking tray. Place on Low Rack and cook on 220°C for 15 to 20 minutes.

Barbecue Fish Skewers G

Makes: 24 skewers

Ingredients:

1 kg	firm white fish fillets, cut into long thin strips
	melted butter for brushing

Marinade:

1/4 cup	lemon juice
1 tablespoon	olive oil
2	spring onions, chopped
1 tablespoon	finely chopped dill
	black pepper

Method:
Place fish in a large mixing bowl.
Mix all marinade ingredients until well combined. Pour marinade over fish and chill for 2 hours only. Preheat oven on Grill 1. Thread fish onto skewers (similar to a snake shape). Brush High Rack with melted butter. Place skewers on High Rack. Cook on Grill 1 for 8 to 12 minutes, turning halfway through cooking. Serve with coconut rice.
Tip: Half freeze fish before slicing so finer strips may be cut.

Oysters Kilpatrick G

Serves: 2

Ingredients:

12	oysters in shell, opened
2 teaspoons	lemon juice
2 teaspoons	Worcestershire sauce
	salt and pepper
60 g	bacon, finely chopped

Method:
Preheat oven on Grill 2. Place oysters in shell on a heatproof serving plate. Sprinkle each oyster with lemon juice and sauce. Season with salt and pepper. Sprinkle bacon over each oyster. Place on High Rack and cook on Grill 2 for 4 to 5 minutes.
Tip: Serve with triangles of buttered brown bread.

Smoked Fish A

Serves: 2 to 4

Ingredients:

2	medium sized smoked fish fillets (approx. 500 g)
1 tablespoon	butter, melted
3 tablespoons	water
	freshly ground black pepper

Method:
Place all ingredients in a 3-litre casserole dish. Cover and cook on MEDIUM for 5 to 6 minutes or until cooked and fish flakes when tested with a fork.

To Cook by Auto Menu:
Prepare as above. Cover with a lid or plastic wrap. Select Fish, then press Start.

Gingered Whole Fish R

Serves: 2

Ingredients:

400 g	whole bream
2 tablespoons	lemon juice
2 tablespoons	soy sauce
1 teaspoon	minced ginger
3	spring onions, sliced

Method:
In a 1 litre jug mix lemon juice, soy sauce ginger and spring onions. Pour over fish in a 2 litre dish. Set on MEDIUM for 3 to 5 minutes. Turn and cover. Set on MEDIUM for 3 to 5 minutes.

Garlic Prawns R

Serves: 2

Ingredients:

60 g	butter
1 teaspoon	minced garlic
1 tablespoon	lemon juice
1 tablespoon	parsley, chopped
500 g	green prawns, shelled and deveined

Method:
Place butter and garlic in a 20 cm round dish and cook on HIGH for 1 minute.
Add lemon juice, parsley, and prawns.
Cover and cook on MEDIUM for 3 minutes 30 seconds, stir. Cook on MEDIUM for 3 minutes 30 seconds. Serve in individual ramekins.

Whole Stuffed Fish A

Serves: 2

Ingredients:

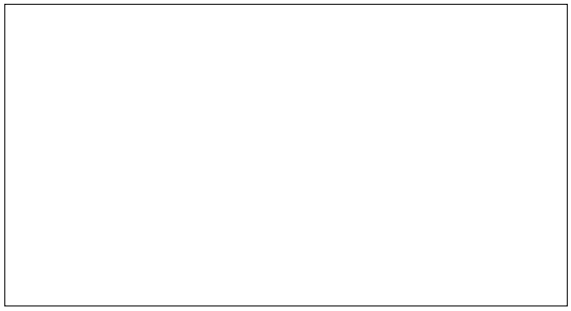
500 g	whole fish, cleaned and scaled (Bream or Snapper)
2 tablespoons	melted butter
Stuffing:	
1 cup	fresh breadcrumbs
4	spring onions, sliced
1 teaspoon	dried basil
	juice of $^1/_2$ lemon
2 tablespoons	chopped parsley
	freshly ground black pepper

Method:
Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a rack in a 3-litre casserole dish and cook on MEDIUM for 6 to 8 minutes. Stand covered for 5 minutes before serving.

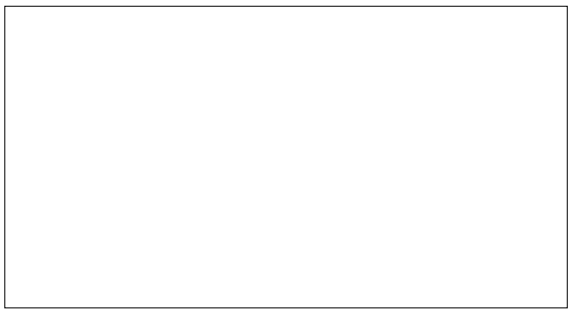
To Cook by Auto Menu:
Prepare as above. Place fish on a rack in a flat casserole dish. Cover with a lid or plastic wrap. Select Fish, then press Start. Stand covered for 5 minutes before serving.

Directions for Cooking Whole Poultry by Microwave

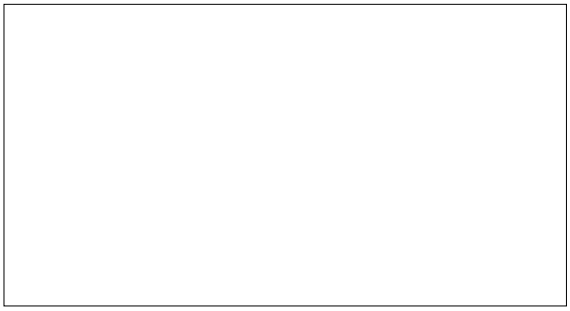
Cooking
Season as desired, but salt after cooking. Browning sauce (e.g. soy, Worcestershire) mixed with equal parts of butter will enhance the appearance.



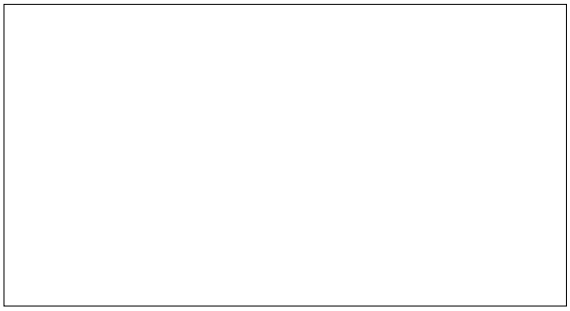
Poultry may be stuffed or unstuffed. Tie legs together with cotton string. Place on microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.



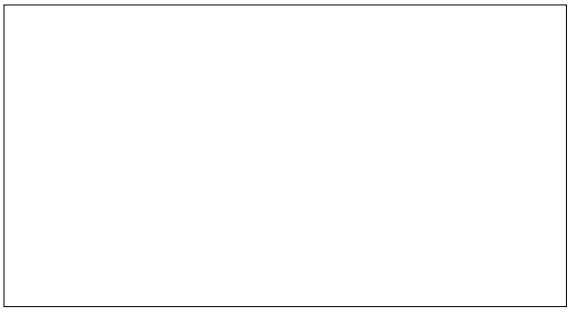
If the poultry is not cooked enough return it to the oven and cook a few more minutes at the recommended power level.
DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.
Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.
If a large amount of juice accumulates in the bottom of the baking dish occasionally drain it. If desired, reserve for making gravy.
Less-tender birds should be cooked in liquid such as soup or broth. Use $^1/_4$ cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that bird does not touch the lid.



After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometer, inserted into the thigh muscle. Check temperature in both muscles. The thermometer should not touch bone. If it does, the reading could be inaccurate. A thermometer cannot be accurately inserted into a small bird. To check desired cooking of a small bird, juices should be clear and the drumsticks should readily move up and down.



During cooking it may be necessary to shield legs, wings and the breast bone to prevent overcooking. Wooden toothpicks can be used to hold foil in place.

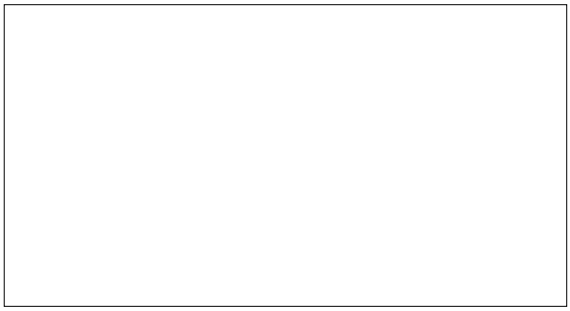


If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag.
Multiply the weight of the poultry by the minimum recommended minutes per 500 g. Programme Power and Time.

Poultry

Directions for Grilling Chicken Pieces

Preheat oven with High Rack in place on Grill 1. If desired, brush chicken with butter, margarine, oil or sauce before and during grilling. Basting helps prevent chicken from drying out.
Place chicken skin-side down on High Rack with a dish underneath, to catch drips.
Cook for times recommended in the chart. Halfway through cooking, turn chicken skin-side up.
Season after cooking.
To test for desired cooking, cut into chicken. Chicken should be white in colour, and juices should be clear.



Turn over halfway through cooking.

Arrange chicken skin-side down.

When done, chicken is white in colour and juices are clear.

Chicken Grilling Chart

Item	Grill Setting	Approximate Cooking Time (in minutes)
CHICKEN		
4 half Breasts	Grill 1	15 to 18
Cut-up (whole)	Grill 1	20 to 22
8 Drumsticks	Grill 1	20 to 22
4 Thighs	Grill 1	18 to 20
1.4 kg Wings (approx. 6)	Grill 1	18 to 20
4 Marylands	Grill 1	18 to 20
4 Kebabs	Grill 1	15 to 18

Poultry

Directions for Cooking Poultry by Combination

Wash poultry and pat dry. Season poultry as desired. Whole poultry may be roasted stuffed or unstuffed.
Whole Roasting Chickens (1.0 kg to 2.8 kg): Place chicken on Low Rack, with a dish set underneath, to catch drips. Shield drumsticks with a strip of foil for the first 30 minutes of cooking. (Foil should not touch rack or oven walls, as arcing may occur.)

Whole Duck (1.5 kg to 2.5 kg): Pierce skin at 2 cm intervals with a fork to allow fat to drain from duck. Place duck on Low Rack, with a dish set underneath, to catch drips. Drain juices from dish once during cooking.

Whole Turkey (2 kg to 6 kg): Place turkey on Low Rack, with a dish set underneath, to catch drips. Halfway through cooking, shield tops of drumsticks with a strip of foil. (Foil should not touch oven walls, as arcing may occur.) Drain juice from dish once during cooking.

To Cook by Manual Combination:
Multiply the ready to cook weight of the poultry by the minimum recommended minutes per 500 grams. Programme the Combination Setting and Time. Press Start.

To Cook by One Touch Cooking:
To programme: Select Chicken, enter the weight, then press Start.

After cooking allow to stand, covered, for 10 minutes. This stand time allows for easier carving and finishes cooking. During stand time test for desired cooking. Small poultry is cooked when juices run clear and the drumsticks readily move up and down. Large poultry should be checked with a meat thermometer inserted in both thigh joints. If thermometer touches bone, the reading may be inaccurate.

DO NOT USE A CONVENTIONAL OR MICROWAVE THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION. If poultry is undercooked, cook a few more minutes at the recommended Combination Setting.

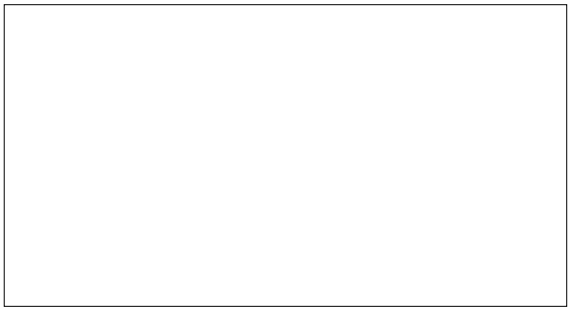
Poultry Chart for Combination Cooking

Poultry	Auto Menu	Combination Cooking		Cooking Directions
		Combination Setting	Cooking Time	
Chicken (up to 2.8 kg)	Chicken	Combination 6	15 min./500 g	Place on Low Rack, baste halfway through cooking.
Chicken Pieces (1 to 1.5 kg)		Combination 6	Approx. $^2/_3$ conventional cooking time. Follow recipe instructions.	Suitable for pieces alone, or casseroles.
Turkey (2 to 6 kg)	Chicken (up to 3 kg)	Combination 5	15 min./500 g	Place on Low Rack, baste halfway through cooking.
Duck (1.5 to 2.5 kg)	Chicken	Combination 5	15 to 18 min./ 500 g	Pierce skin at 2 cm intervals. Place on Low Rack, baste halfway through cooking.

Poultry

Directions for Cooking Poultry Pieces by Microwave

Arrange pieces skin-side up, and evenly spread in a shallow dish.



Cover with wax paper, or paper towel. Multiply the weight by the minimum time recommended in the chart.

Poultry Chart for Microwave Cooking by Time

Poultry	Power	Temperature After Cooking	Approx. Cooking Time (minutes per 500 g)
Chicken (up to 2.8 kg)	MED HIGH	87˚C	10 to 15
Chicken (Pieces)	MED HIGH	87˚C	6 to 8
Turkey	MED HIGH	87˚C	10 to 15
Duck	MED HIGH	87˚C	10 to 15

Pepper Chicken

Serves: 4

Ingredients:

2 tablespoons	butter
4	chicken breast fillets
1 tablespoon	ground black pepper
2 to 3	cloves crushed garlic
1 tablespoon	seeded mustard
2 tablespoons	lemon juice
1/2 cup	cream

Method:

Preheat a browning dish on HIGH for 5 to 7 minutes. Flatten chicken fillets and press pepper onto each fillet. Add butter and garlic to browning dish with chicken and cook on MED HIGH for 6 to 8 minutes. Turn halfway through cooking. Remove chicken and add mustard, lemon juice and cream to dish, stir well. Replace fillets into dish and cook on MED HIGH for 1 to 2 minutes.

Chicken Cacciatore R

Serves: 4

Ingredients:

1 kg	chicken drumsticks
440 g	can tomatoes
1/4 cup	tomato paste
1 teaspoon	minced garlic
1	onion, sliced
2 teaspoons	dried oregano

Method:

In a 3-litre dish mix all the ingredients. Set on MED HIGH for 12 to 15 minutes. Turn over. Stir. Set MED HIGH for 15 minutes.

Poultry

Chicken and Potato Casserole

Serves: 4

Ingredients:

1	chicken, cooked
500 g	potatoes, peeled and thinly sliced
1/4 cup	water
30 g	butter
1	onion, finely chopped
1	clove garlic, crushed
2 tablespoons	plain flour
1 cup	chicken stock
1 teaspoon	French mustard
1/2 cup	cream
3/4 cup	grated tasty cheese
	paprika

Method:
Remove chicken meat from bones. Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain. Combine chicken and potatoes. Set aside. Place butter in a 4-cup glass jug and cook on HIGH for 1 minute. Add onion and garlic to jug and cook on HIGH for 1 to 2 minutes. Add flour and stir. Gradually add stock and blend to a smooth paste. Cook on HIGH for 2 to 3 minutes.
Add mustard and cream. Stir well. Pour sauce over chicken and potato mixture. Sprinkle with cheese and paprika. Cook on MED HIGH for 4 to 6 minutes. Serve with vegetables.

Italian Chicken Casserole MC A

Serves: 4 to 6

Ingredients:

1 tablespoon	oil
1	clove garlic, crushed
6	chicken pieces
250 g	baby onions or 4 small peeled and left whole
1 can (425 g)	tomatoes
1/4 cup	tomato paste
1/2 teaspoon	marjoram
1/2 teaspoon	oregano
100 g	button mushrooms
20	black olives
2 tablespoons	chopped parsley
	salt and pepper

Method:
Place all ingredients into a 3-litre casserole dish and mix well. Cover.

To Cook by Combination:
Cook on Combination 5 for 45 to 50 minutes. Stir halfway through cooking.

To Cook by Auto Menu:
Prepare as above and cover with a lid. Select Casserole, then press Start.

Tarragon Chicken and Mushrooms MC

Serves: 6 to 8

Ingredients:

1 kg	chicken pieces
1	onion, sliced
1/2 teaspoon	dried tarragon leaves
	salt and peper
150 g	mushrooms, finely sliced
1 can (440 g)	cream of mushroom soup
1/2 cup	sour cream

Method:
Place chicken and onion in a 4-litre casserole dish. Cook on MEDIUM for 25 to 30 minutes. Drain away any excess fat. Season with tarragon and salt and pepper. Add mushrooms. Cook on MEDIUM for 3 to 4 minutes. Blend together soup and sour cream. Spoon over chicken. Cover and cook on MEDIUM for 12 to 15 minutes. Remove chicken to a serving platter. Stir sauce and spoon over chicken. Serve with rice or vegetables.

To Cook by Combination:
Place all ingredients in a 4-litre casserole, except mushrooms and sour cream. Cover with lid. Cook on Combination 5 for 30 minutes. Stir in mushrooms and sour cream, cover, and continue to cook on Combination 5 for a further 15 to 20 minutes. Stir and serve.

Coq au Vin MC A

Serves: 4 to 6

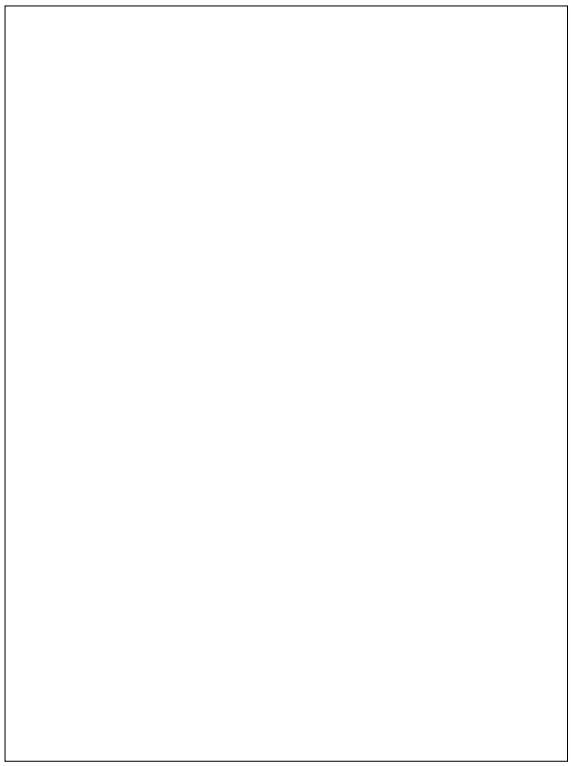
Ingredients:

8 to 12	pickling onions
4	slices streaky bacon, rinds removed, bacon chopped
1 kg	chicken pieces
125 g	button mushrooms, washed and dried
3/4 cup	hot chicken stock
1/4 cup	red wine
2	cloves garlic, crushed
20 g	butter, cut into pieces
1 teaspoon	mixed herbs
	freshly ground black pepper

Method:
Place onion and bacon into a 3-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add remaining ingredients and combine well.

To Cook by Combination:
Cover and cook on Combination 5 for 30 to 35 minutes. Remove lid, stir and rearrange chicken pieces. Continue to cook on Combination 5 for 15 to 20 minutes. Stand 10 minutes before serving.

To Cook by Auto Menu:
Prepare as above and cover. Select Casserole, then press Start.



Chicken Curry

Chicken Rolls with Honey Mustard

Serves: 4 to 6

Ingredients:

8	chicken thigh fillets
16	prunes, pitted
8	spring onions
2 tablespoon	flaked almonds
4 rashers	rindless bacon, halved lengthwise

Honey Mustard Glaze

1 tablespoon	brown sugar
1 tablespoon	French Mustard
1 tablespoon	honey
10 g	butter, melted
	ground black pepper

Method:
Open out each thigh fillet and trim away fat. Place 2 prunes, some spring onion and a few flaked almonds on each fillet. Roll fillets up and wrap a piece of bacon around each one. Secure with toothpicks. Blend all glaze ingredients together in a small bowl. Place chicken into a 3-litre dish in a single layer and brush with glaze mixture. Cook on MED HIGH for 16 to 20 minutes, turning halfway through cooking.

Chicken Pie C

Serves: 4 to 6

Ingredients:

500 g	chicken thigh fillets, diced
60 g	butter
1	onion, chopped
100 g	mushroom, sliced
1/4 cup	flour
1 cup	milk
1 teaspoon	mixed herbs
1 teaspoon	prepared mustard
	pepper to taste
1/2 cup	grated Swiss cheese
2	sheets ready rolled puff pastry

Method:
Place chicken into a 3-litre casserole dish and cook on MED HIGH for 5 to 6 minutes. Place butter and onion into a 2-litre dish and cook on HIGH for 2 minutes. Stir in flour, cook on HIGH for 1 minute and gradually add milk stirring constantly. Cook on HIGH for 2 to 3 minutes or until thick. Add herbs, mustard, pepper and cheese and mushrooms, mix well. Stir through chicken and set aside.

To Cook by Convection:
Preheat oven to 200°C. Grease a 20 cm pie dish, line with one sheet of pastry. Add chicken filling and cover with other sheet of pastry. Trim edges. Place on Low Rack and cook on 200˚C for 30 to 40 minutes.

Apricot Nectar Chicken MC R

Serves: 4 to 6

Ingredients:

40 g	pkt French onion soup mix
200 ml	apricot nectar
1 kg	chicken Drumsticks

Method:
In a 2-litre dish mix apricot nectar and French onion soup mix. Add chicken drumsticks and mix to coat with sauce. Cook on Combination 6 for 50 to 55 minutes, turning halfway through cooking.

Chicken Curry R

Serves: 4 to 6

Ingredients:

1	onion, chopped
2 tablespoons	red curry paste
500 g	chicken fillets
2 cups	finely sliced vegetables
1 cup	coconut milk

Method:
In a 3-litre dish mix onion and curry paste.
Set on HIGH for 3 minutes. Add chicken. Cook on MEDIUM for 3 minutes. Stir. Cook on MEDIUM for 3 minutes., Add vegetables, and coconut milk. Cover. Cook on HIGH for 4 minutes.

Poultry

Roast Turkey MC A

Serves: 6 to 8

Ingredients:

2.5 to 2.8 kg	turkey
60 g	butter
1	stick celery, finely sliced
1	small onion, finely chopped
2	small cooking apples, peeled and grated
2 cups	fresh breadcrumbs
2 tablespoons	brandy
1 tablespoon	parsley, finely chopped
1	egg
	salt and pepper
2 tablespoons	brandy, extra
1 tablespoon	oil
	lemon pepper or seasoned salt

Method:
Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on HIGH for 30 to 40 seconds. Add celery, onion and apples and cook on HIGH for 5 minutes. Add breadcrumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey.
Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt.

To Cook by Microwave:
Cook on MED HIGH for 60 to 70 minutes. Stand covered for 10 minutes before serving.

To Cook by Combination:
Prepare stuffing as above. Place turkey on Low Rack with a dish underneath. Cook on Combination 5 for 60 to 65 minutes. Stand 15 minutes before serving.

To Cook by Auto Menu:
Prepare stuffing as above. Place turkey on Low Rack with a dish underneath. Select Chicken, enter the weight, then press Start.

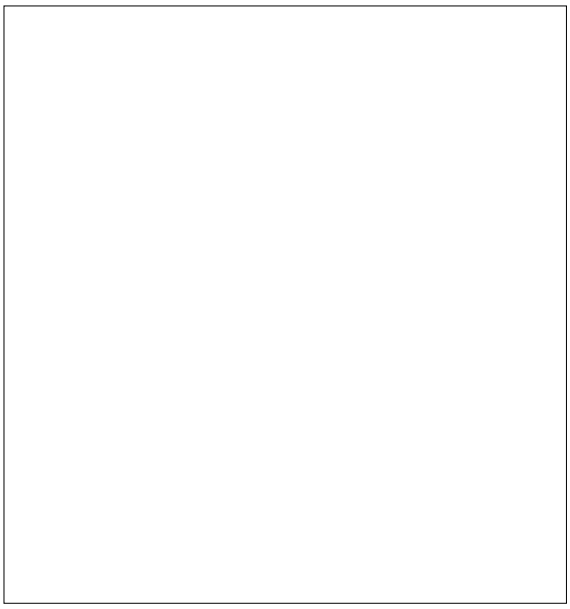
Roast Herb Chicken R MC

Serves: 4

Ingredients:

1 x 1.5 g	Chicken
60 g	butter
1 tablespoon	chopped rosemary
1 tablespoon	parsley

Method:
Place butter in a 2 cup jug. Cook on MED HIGH for 40 seconds. Add rosemary and parsley. Tie legs of chicken together with string. Brush with butter mixture. Place breast side down on a rack set in a dish. Set Combination 6 for 25 minutes. Turn over. Set Combination 6 for 25 minutes.



Roast Turkey

Stuffed Roast Chicken MC A

Serves: 4 to 6

Ingredients:

1.5 kg	chicken
2 tablespoons	melted butter
	salt and pepper

Stuffing:

1 tablespoon	butter
1	small onion, finely chopped
2	rashers bacon, rind removed and bacon finely chopped
1 tablespoon	parsley, finely chopped
1 teaspoon	mixed herbs
$1\frac{1}{2}$ cups	cooked rice
1	egg
	salt and pepper

Method:
Clean and pat dry chicken with paper towel. Brush chicken with melted butter. Season chicken. Set aside. To prepare stuffing, melt butter in a 1-litre casserole dish on HIGH for 30 seconds. Add onion and bacon and cook on HIGH for 2 minutes. Add all remaining ingredients and mix well. Place stuffing into chicken. Secure opening with tooth picks. Tie legs together with string. Place chicken breast side down on Low Rack.

To Cook by Combination:
Prepare stuffing as above. Cook on Combination 5 for 40 to 55 minutes.

To Cook by Auto Menu:
Prepare stuffing as above. Select Chicken, enter the weight, then press Start.

Chinese Chicken Wings G

Makes: 16

Ingredients:

1 kg	chicken wings
1/2 cup	bottled teriyaki sauce
2 tablespoons	tomato sauce
1 tablespoon	Worcestershire sauce
1	clove garlic, crushed
2 tablespoons	honey

Method:
Place chicken wings in a 3-litre dish. Add all remaining ingredients. Stir well. Cover and leave to marinate over night.

To Cook by Microwave:
Remove marinade and cook on MED HIGH for 20 to 25 minutes. Stir halfway through cooking.

To Cook by Grill:
Prepare chicken wings and marinade as above. Preheat oven on Grill 1. Arrange chicken wings on High Rack and brush with marinade. Cook on Grill 1 for 20 to 22 minutes, Turning over halfway through grilling and rebrushing with marinade.

Roast Honey Duck Orange Sauce MC

Serves: 4 to 6

Ingredients:

1.5 kg	duck
3 tablespoons	honey
1 tablespoon	orange liqueur
1 tablespoon	vinegar

Ingredients:

2	oranges, juiced
	rind of 1 orange
1/4 cup	water
1 tablespoon	brown sugar
1 tablespoon	vinegar
1 tablespoon	orange liqueur

Method:
Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork.
Place duck onto a rack into a 2-litre casserole dish. Place on Low Rack and cook on Combination 6 for 30 to 40 minutes. Brush the combined honey, liqueur and vinegar over the duck and cook further for 10 minutes or until duck is golden brown. Stand while preparing sauce.

Sauce:

Place all ingredients except rind, vinegar and liqueur in a 2-cup jug. Cook on HIGH for 1 1/2 to 2 minutes. Add vinegar and liqueur and cook on HIGH for a further 30 seconds. Pour sauce over duck, sprinkle with rind and serve.

Plum Glazed Quails

Serves: 2 to 4

Ingredients:

4	quails
1/2 cup	cooked long grain rice
1 tablespoon	chopped spring onions
1 tablespoon	finely chopped basil
2 tablespoons	chopped shelled pistachio nuts
	pinch thyme
	pinch cayenne pepper
1/4 teaspoon	minced ginger
1 teaspoon	milk
1 tablespoon	plum jam
1 tablespoon	Hoi-sin sauce
1 can (250 g)	satsuma plums, drained and seeds removed
1/4 cup	red wine

Method:
Wash, clean and pat dry quails. In a 1-litre dish, combine rice, spring onions, basil, pistachio nuts, thyme, cayenne, pepper, ginger and milk. Mix well and place a 1/4 of the mixture into the cavity of each quail. Tie the legs together and place quails into a shallow 2-litre dish. Set aside. In a 2-cup jug, combine plum jam, hoi-sin sauce and butter. Cook on HIGH for 30 to 40 seconds. Brush jam mixture over quails and cook on MED HIGH for 10 to 14 minutes, brush with glaze halfway through cooking. Cover and allow to stand for 5 minutes whilst preparing the sauce. Puree plums with wine and heat in a 2-cup jug on HIGH for 1 to 2 minutes. Pour sauce over quails and serve with vegetables or salad garnished with extra pistachio nuts.

Camembert Chicken MC

Serves: 4 to 6

Ingredients:

1.5 kg	Chicken
125 g	Camembert cheese, sliced thinly
25 g	butter, melted

Method:
Clean and pat dry chicken with paper towel. Using the back of a spoon, gently lift the skin away from the flesh of the bird on the breast. Place the slices of cheese under the skin. Brush chicken with butter. Place the chicken on Low Rack breast side up, and cook on Combination 6 for 50 to 60 minutes, stand for 15 minutes before serving.

Honey Sesame Drumsticks R

Makes: 6

Ingredients:

8	chicken drumsticks
1 teaspoon	chopped garlic
1 teaspoon	chopped ginger
1/4 cup	soy sauce
1/4 cup	honey
2 tablespoons	sesame seeds

Method:
Marinate chicken in remaining ingredients for 2 hours. Place chicken in pie plate. Cook on MED HIGH for 9 minutes. Turn over. Cook on MED HIGH for another 9 minutes.

Grilled Sweet Chilli and Lime Chicken G

Serves: 6

Ingredients:

1	clove garlic, crushed
1 tablespoon	chopped coriander
1/4 cup	sweet chilli sauce
2 tablespoons	lime juice
6	chicken thigh fillets, halved
Guacamole:	
1	medium size ripe avocado
1	clove garlic, crushed
1 tablespoon	lime juice
1/2 cup	lite sour cream
	cracked black pepper

Method:
Combine garlic, coriander, chilli sauce, lime juice and chicken fillets in a 2-litre bowl. Cover. Marinate for 1 to 2 hours in the refrigerator. Preheat oven to Grill 1. Arrange marinated chicken on High Rack. Cook for 12 to 15 minutes, turning halfway through cooking. Serve with guacamole.
To prepare guacamole:
In a small bowl mash avocado and stir in garlic, lime juice, sour cream and cracked black pepper to taste.

Peanut Satay G

Serves: 4

Ingredients:

750 g	boneless chicken, cut into 2.5 cm cubes
Marinade:	
1/2 teaspoon	caraway seeds
1 teaspoon	ground coriander
1	clove garlic, crushed
1 tablespoon	brown sugar
1 tablespoon	soy sauce
1 tablespoon	lemon juice
	pinch salt
	bamboo skewers
Satay Sauce:	
3	red chillies, seeded and finely chopped
2	cloves garlic, crushed
	1 cm piece ginger, grated
1 teaspoon	salt
1/2 cup	peanut butter
1 cup	water
1/4 cup	sultanas
1/4 cup	raisins
1/2 cup	vinegar
1/2 cup	sugar
1/2 cup	peanuts
1/4 cup	chutney (optional)

Method:
Combine all marinade ingredients in a bowl with chicken meat and marinate for at least 2 to 3 hours. Combine all sauce ingredients in a 6-cup jug and cook on HIGH for 8 to 10 minutes, stirring halfway through cooking. Purée sauce in a blender or food processor. Set aside. Preheat oven on Grill 1. Thread bamboo skewers onto chicken meat and place on High Rack. Cook for 8 to 10 minutes, or until cooked, turning once during cooking. Serve with satay sauce.
Tip: To reheat sauce: Cook on HIGH for 1 to 2 minutes.

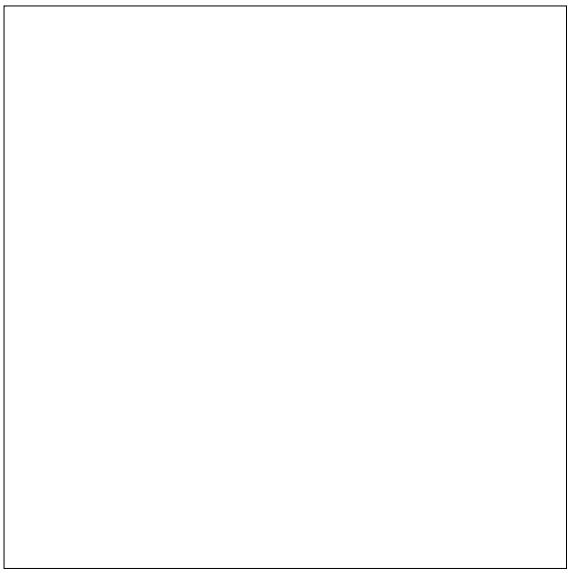
Soy Chicken and Vegetables R

Serves: 4

Ingredients:

1 tablespoon	cornflour
1/3 cup	oyster sauce
1/4 cup	sherry
2 tablespoons	soy sauce
2 teaspoons	minced ginger
500 g	chicken fillets, sliced
2 cups	sliced vegetables

Method:
In a 3 litre dish mix cornflour, soy sauce, water and ginger. Cook on HIGH for 2 minutes. Add chicken fillets and mix to coat with sauce. Cook on MED HIGH for 5 to 7 minutes stirring halfway through cooking. Mix in sliced vegetables. Cook on HIGH for 3 minutes. Stir and cook for a further 2 minutes on HIGH.



Chicken Wings in Lemon Sauce

Florentine Chicken G

Serves: 4

Ingredients:

1/4 cup	grated carrot
1/4 cup	pine nuts
100 g	spinach, cooked, drained and chopped finely
2	cloves garlic, crushed
	pepper to taste
4	half chicken breast fillets
1	egg, beaten
1 tablespoon	water
	nutmeg
1 cup	breadcrumbs seasoned

Method:
Make a stuffing by combining carrot, pine nuts, spinach, garlic and pepper. Pound chicken fillets till flat and even. Divide between the chicken breasts. Fold chicken breasts over the filling and secure with wooden toothpicks. Combine egg and water. Add a pinch of nutmeg to the breadcrumbs. Dip each chicken breast into the egg mixture then into the breadcrumbs. Brush lightly with oil.
Preheat oven on Grill 1. Place chicken breasts on High Rack and cook on Grill 1 for 20 to 25 minutes, turning halfway through cooking.

Chicken Wings in Lemon Sauce G

Serves: 4 to 6

Ingredients:

1 kg	chicken wings
1/4 cup	soy sauce
1 teaspoon	ginger powder
2	cloves garlic, crushed
1/4 cup	lemon juice

Method:
To Cook by Microwave:
Place chicken wings in a 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinade for 1 to 2 hours in the refrigerator.
Cook on MED HIGH for 20 to 25 minutes. Serve hot with rice.

To Cook by Grill:
Prepare chicken wings and marinade as above. Preheat oven on Grill 1. Arrange chicken wings on High Rack and brush with marinade. Cook on Grill 1 for 20 to 22 minutes, turning over halfway through grilling and rebrushing with marinade.

Warm Chicken Salad G

Serves: 4

Ingredients:

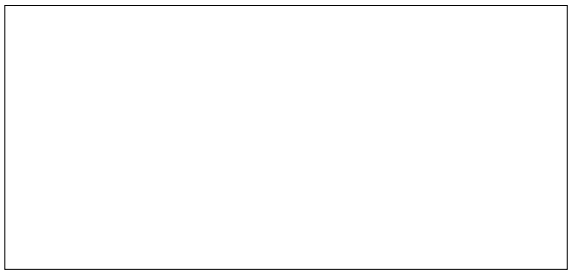
1 tablespoon	sesame oil
2 tablespoons	soy sauce
4	single chicken breast fillets
2 cups	snow pea sprouts
1	punnet cherry tomatoes
200 g	mixed salad leaves
Dressing:	
1 tablespoon	peanut butter
1 tablespoon	lemon juice
1 tablespoon	soy sauce
1 tablespoon	honey
2 tablespoons	sesame seeds

Method:
Preheat oven to Grill 1. Combine sesame oil and soy sauce. Brush chicken fillets with this mixture and place on High Rack. Cook on Grill 1 for 10 to 12 minutes or until just cooked. Turn halfway through cooking and brush with any remaining soy mixture. Slice into strips and toss with remaining salad ingredients and dressing. Serve immediately.
To prepare dressing:
Place all ingredients in a screw top jar. Shake until combined.

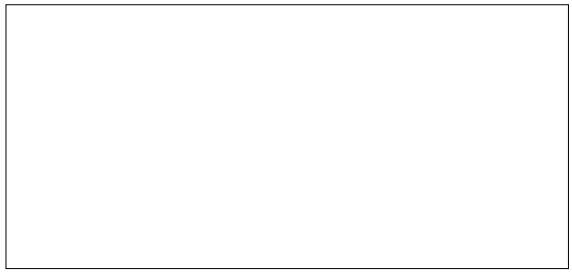
Directions for Cooking Tender Cuts of Meat by Microwave

For best results, select roasts that are uniform in shape.
Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be l placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts.

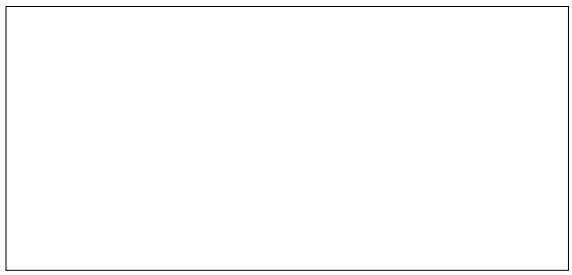
Meats can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones.
The shank, thin ends of boneless roasts should also be shielded.



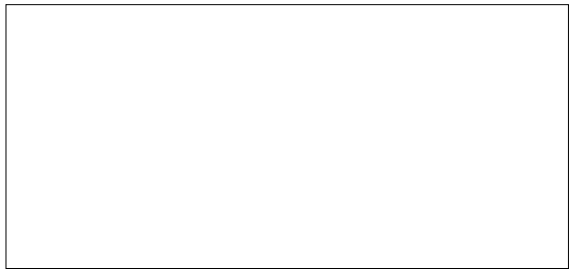
Loosely cover baking dish with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy. Multiply the weight of the roast by the minimum recommended times per 500 g. Programme Power and Time.



After heating, check temperature using a meat thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. Lower temperatures are found in the centre of the roast and in the muscle close to a large bone, such as a pork loin centre rib roast. If the temperatures are low, return meat to the oven and cook a few more minutes at the recommended power level. DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes. During standing time the internal temperature equalises and the temperature rises 5°C to 10°C



Half hams should be shielded by wrapping an 8 cm wide strip of foil around the large end of the ham. Secure to the body of the ham with wooden toothpicks. Fold 3 cm over cut surface. For shank ham halves, shield shank bone by cupping it with foil. One third of the way through cooking, remove ham from oven and cut off skin. Turn fat-side up and reshield edges. If desired, glaze last 10 to 20 minutes of cooking.



Canned hams should be shielded on the top cut-edge with a 3 cm strip of foil. Wrap strip of foil around ham and secure to body of ham with wooden toothpicks. Fold 2 cm over cut surface. If desired, glaze last 10 to 20 minutes of cooking.

Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use $^1/_2$ to 1 cup of soup, broth, etc per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.

If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise, use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape.

Multiply the weight of the roast by the minimum recommended minutes per 500 g. Programme Power and Time. Turn meat over halfway through cooking.

Meat Chart for Microwave Cooking

Poultry	Power	Approx. Cooking Time (minutes per 500 g)
Beef		
Roasts		
Rare	MED HIGH	8 to 10
Medium	MED HIGH	10 to 12
Well	MED HIGH	12 to 14
Chuck, Flank, Brisket	MEDIUM	25 to 30
Pork		
Leg of Pork	MED HIGH	12 to 15
Loin of Pork	MED HIGH	12 to 15
Pork Chops	MED HIGH	6 to 8
Ham Canned (fully cooked)	MED HIGH	5 to 7
Lamb		
Medium	MED HIGH	10 to 12
Well	MED HIGH	12 to 15

Directions for Cooking Meats by Combination

Season roast as desired, but add salt after cooking. Salt can be used for cooking Pork.

Beef, Pork and Lamb Roasts: Place fat-side down on Low Rack with a dish underneath to catch drips. Place pork rib roasts, rib tips down on Low Rack. Shield thin ends, cut edges and bony areas to prevent overcooking. To shield, place a thin strip of foil over top cut edges of roast. Cover tapered thinner section of roast with a small square of foil. (Foil should not touch sides of the oven, as arcing may occur.) Remove foil halfway through cooking time. Always turn meats over halfway through cooking.

Canned Ham (1.5 kg to 2.5 kg)**:** Place on Low Rack. Shield top cut edge with a 4 cm wide strip of foil. Fold foil over top cut edge and down the sides. (Foil should not touch oven sides, as arcing may occur.)

Pot Roast (1.2 kg to 1.75 kg)**:** Place meat, vegetables and seasonings in large oven proof casserole dish. Cover with a lid. If desired, the pot roast may be cooked in an oven cooking bag. Prepare the oven cooking bag according to package directions. Do not use wire or metal twist-ties. Use the nylon ties provided, or use a piece of cotton string or a strip cut from the oven bag. Place bag in oven proof casserole dish. Place dish on Ceramic Tray. Cook on Combination 1.

To Cook by Manual Combination:
Multiply the weight of the meat by the minimum recommended minutes per 500 grams. Cook meat on Combination 5 for beef roasts and pork roast and Combination 4 for lamb roasts using the times in the following chart.

To Cook by Auto Menu:
Programme the desired Automatic Combination setting [Beef Rare], [Beef Medium], [Lamb] or [Pork] Press [Start]. After cooking, allow the roast to stand covered, for 10 to 15 minutes to allow the roast to sit and finish cooking.
Roasts are easier to carve after standing.

As with Microwave cooking, roasts cooked by Combination will continue to cook during the stand time. During stand time check the internal temperature of the roast using a Microwave or conventional thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. If the temperatures are lower than desired, return the roast to the oven and cook a few more minutes at the recommended Combination Setting.
DO NOT USE A MICROWAVE OR CONVENTIONAL MEAT THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION.
Stand 10 to 15 minutes before carving.

Meat Chart for Combination Cooking

MEAT	Combination Cooking	
	Combination Setting	Cooking Time
BEEF ROASTS		
Rib, Boneless Rib, Top Sirloin		
Rare	5	11 to 14 min./500 g
Medium	5	14 to 16 min./500 g
Well	5	18 to 20 min./500 g
Rump, Eye of Round (High Quality)		
Rare	5	12 to 15 min./500 g
Medium	5	13 to 18 min./500 g
Well	5	18 to 20 min./500 g
Beef Tenderloin		
Rare	5	16 to 18 min./500 g
Medium	5	22 to 24 min./500 g
Pot Roast ($1^1/_2$ to 1kg)	1	$1^1/_2$ to 2 hrs.total
Chuck	1	$1^1/_2$ to 2 hrs.total
Turn meat over after 1 hour of cooking)		
PORK ROASTS	5	15 to 17 min./500 g
LAMB ROASTS	4	18 to 20 min./500 g
MEATLOAVES	1	25 to 30 min./500 g
CASSEROLES	1	Approx. $^2/_3$ conventional cooking time

Directions for Grilling Meat

Preheat oven with High Rack on Grill 1. Trim excess fat from meat. Slash fat with a sharp knife to prevent meat curling. Place meat on High Rack with a dish underneath, to catch drips. Cook for times recommended in chart. Halfway through cooking, turn meat over. Season after cooking. To test for desired cooking, cut into meat. Red colour indicates rare, pink indicates medium and grey indicates well done.

Meat Grilling Chart

MEAT	GRILL SETTING	APPROX. COOKING TIME (in minutes)
BEEF		
Hamburger (approx. 3 cm thick)		
Well	Grill 1	12 to 14
Fillet Mignon (approx. 3 cm thick)		
Rare	Grill 1	8 to 10
Medium	Grill 1	12 to 14
Steak (approx. 3 cm thick)		
Rare	Grill 1	10 to 12
Medium	Grill 1	14 to 16
Well	Grill 1	16 to 18
PORK		
Chops 2 cm thick	Grill 1	16 to 18
Frankfurters	Grill 2	4 to 6
Ham Steak $1^1/_2$ cm thick	Grill 1	6 to 8
Sausages thick	Grill 1	10 to 12
thin	Grill 1	6 to 8
LAMB		
Chops 2 cm thick (8 on rack)		
Medium	Grill 1	12 to 14
Well	Grill 1	14 to 16
4 Lambs'kidneys (halved)	Grill 1	6 to 8

Lasagne C MC

Serves: 4 to 6

Ingredients:

250 g	precooked lasagne noodles
3 tablespoons	Parmesan cheese, extra
3 tablespoons	grated Mozzarella cheese, extra

Meat Sauce:

500 g	topside mince
2	onions, finely chopped
1 can (425 g)	tomato puree
2	cloves garlic, crushed
2 tablespoons	dried mixed herbs
3	beef stock cubes
	salt and pepper

Cheese Sauce:

3 tablespoons	butter
3 tablespoons	flour
1 cup	milk
2 tablespoons	Parmesan cheese
2 tablespoons	grated Mozzarella Cheese
	ground black pepper

Method:
Place all meat sauce ingredients into a 3-litre casserole dish and mix well. Cover and cook on MED HIGH for 25 to 30 minutes, stirring halfway through cooking. Melt butter in a 1-litre casserole dish on HIGH for 30 seconds. Add flour, stir and cook on HIGH for 20 to 30 seconds. Add milk, stirring, cook on HIGH for 2 minutes, stirring halfway through cooking. Add cheese and pepper and mix well. Place half of the meat sauce into a 4-litre casserole dish. Layer 5 sheets of lasagne noodles over meat sauce. Top with remaining meat sauce and another 5 sheets of lasagne noodles. Spread cheese sauce evenly over the noodles and sprinkle with extra Parmesan and Mozzarella cheese.

To Cook by Convection:
Preheat oven to 180°C. Place lasagne in oven and cook on 180°C for 30 minutes. Serve hot with a green salad and garlic bread.

To Cook by Combination:
Prepare as above. Cook on Combination 5 for 20 to 25 minutes or until golden brown.

Rack of Lamb MC

Serves: 4

Ingredients:

1	rack of lamb (approx. 8 cutlets)
1	clove garlic, cut into slices
	rosemary

Method:
Score rack of lamb and insert slices of garlic under skin. Place lamb fat side down on Low Rack. Sprinkle with rosemary. Cook on Combination 4 for 15 to 20 minutes, turning halfway through cooking. Stand for 5 minutes before serving.

Seasoned Roast Lamb R MC

Serves: 4 to 6

Ingredients:

1.6 kg	lamb leg
1 tablespoon	seeded mustard
1 tablespoon	rosemary

Method:
Place lamb on a rack in a 3 litre dish. Brush with mustard and sprinkle with rosemary. Cook on Combination 6 for 27 minutes. Turn over. Cook on Combination 6 for 27 minutes. Cover, Set timer for 10 minutes and allow to stand.

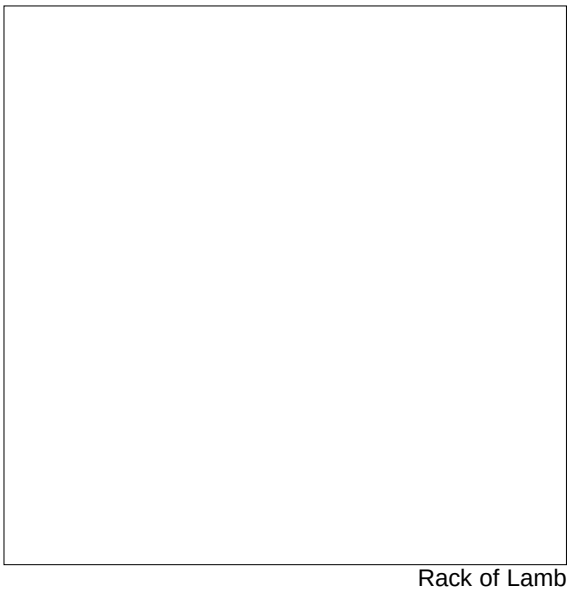
Lambs Fry and Bacon

Serves: 4

Ingredients:

750 g	lambs fry
1/4 cup	flour
250 g	bacon, rind removed and bacon cut into 2 cm strips
2	onions, sliced
1 tablespoon	butter
	ground black pepper
1 tablespoon	chopped parsley

Method:
Soak lambs fry in water for 30 minutes, remove skin and cut liver into thin strips. Coat lambs fry with flour and shake off any excess. Place bacon and onion into a 3-litre dish and cook on HIGH for 3 to 5 minutes. Remove and drain well on absorbent paper. Add half the butter to the dish and half the sliced lambs fry. Cook on HIGH for 2 to 4 minutes, stir halfway through cooking. Repeat with remaining butter and lambs fry. Return all the lambs fry to the dish and add bacon and onion, season with pepper and add parsley. Stir well. Cook on HIGH 1 to 2 minutes and serve immediately.



Rack of Lamb

Lamb and Mushroom Kebabs G

Makes: 8 skewers

Ingredients:

1/4 cup	red wine
1 tablespoon	lemon juice
1 tablespoon	oil
1	clove garlic, crushed
1/2 teaspoon	ground coriander
	freshly ground black pepper
500 g	boneless leg lamb, trimmed and cut into 3 cm cubes
200 g	mushrooms, stalks removed
1 tablespoon	oil

Method:
Combine red wine, lemon juice, oil, garlic, coriander and pepper in a jug. Place lamb in a bowl. Pour over liquid. Cover and leave to marinate overnight. Preheat a browning dish on HIGH for 6 to 7 minutes. Thread lamb cubes and mushrooms alternately onto bamboo skewers. Approximately 4 cubes of meat per skewer. Add oil to browning dish and place 4 skewers in dish. Cook on HIGH for 6 to 8 minutes, turning once during cooking. Remove skewers and drain any juices. Preheat the browning dish on HIGH for a further 3 minutes. Add remaining 4 skewers and cook on HIGH for 6 to 8 minutes. Serve on a bed of rice.

To Cook by Grill:

Prepare as above. Preheat oven to Grill 1. Place skewers on High Rack and cook on Grill 1 for 10 to 12 minutes.

Irish Stew A

Serves: 4

Ingredients:

600 g	lamb, cut into 2 cm cubes
1	onion, sliced
1	carrot, peeled and sliced
2	potatoes, peeled and sliced
1	stalk celery, sliced
500 ml	stock
2 tablespoons	flour
2	bay leaves
1/2 teaspoon	dried rosemary

Method:
Trim excess fat off chops. Place all ingredients in a 3-litre casserole dish.

To Cook by Microwave:
Prepare as above and cover. Cook on MED HIGH for 20 to 25 minutes.

To Cook by Auto Menu:
Prepare as above and cover. Select Casserole, then press Start.

Goulash MC A

Serves: 4

Ingredients:

500 g	lamb chops
1	onion, finely chopped
1	clove garlic, crushed
1 tablespoon	butter or margarine
1 tablespoon	flour
2 tablespoons	tomato paste
1/2 teaspoon	paprika
1	small capsicum (green/red pepper), cut into 2.5 cm cubes
1 cup	beef stock
2 tablespoons	sour cream

Method:
Trim fat and bones from meat and cut meat into 2 cm cubes. Place onion, garlic and butter or margarine in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, tomato paste and paprika and cook on HIGH for a further 2 minutes. Add lamb, capsicum (pepper) and stock.

To Cook by Microwave:
Cover and cook on MED HIGH for 24 to 26 minutes. Stir in sour cream and serve with vegetables.

To Cook by Combination:
Prepare as above, cover and cook on Combination 1 for 40 to 45 minutes. Stir in sour cream and serve.

To Cook by Auto Menu:
Prepare as above and cover. Select Casserole, then press Start.

Lamb Chops with Spicy Sauce G

Serves: 16

Ingredients:
Marinade:

1/4 cup	medium or dry sherry
3 tablespoons	tomato paste
2 tablespoons	lemon juice
2	cloves garlic, crushed
1 teaspoon	chilli powder
1 teaspoon	coriander powder
1 teaspoon	ground ginger
1 tablespoon	finely chopped fresh parsley
	freshly ground black pepper to taste
8	lamb loin chops (approx. 800 g)

Method:
Combine all marinade ingredients to form a thick mixture. Place chops in a single layer in a shallow dish and pour marinade mixture over. Allow to marinate for 6 to 8 hours. Remove chops from marinade (reserving this mixture) and place chops on a rack in a shallow dish. Cook on MED HIGH for 8 to 10 minutes, turning over halfway through cooking. Place marinade mixture into a jug and heat on HIGH for 1 to 2 minutes. Arrange chops on serving plate then pour the sauce over. Serve garnished with parsley or watercress.

To Cook by Grill:
Prepare as above. Preheat oven on Grill 1. Place chops on Low Rack and cook on Grill 1 for 12 to 14 minutes, turning over halfway through cooking.

Chilli Beef R

Serves: 4 to 6

Ingredients:

500 g	beef mince
1	diced onion
1 teaspoon	minced garlic
1 x 35 g	packet chilli seasoning mix
400 g	can tomato puree
440 g	can kidney beans, drained

Method:
Place mince, onion, garlic, chilli seasoning and tomato puree in a 3-litre dish. Mix well. Cook on HIGH for 10 minutes. Stir halfway through cooking. Add kidney beans and cook on HIGH for a further 10 minutes. Stir halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

Roast Beef MC A

Serves: 6

Ingredients:

2 kg	roast beef
	seasoned flour

Method:
Place beef on Low Rack with a dish underneath, to catch drips. Sprinkle beef with seasoned flour.

To Cook by Combination:
Cook on Combination 5 for 40 to 45 minutes, for a medium result. Stand covered for 10 minutes before serving.

To Cook by Auto Menu:
Select Beef Rare or Beef Medium, enter the weight, then press Start. Stand covered for 10 minutes before serving.

Yorkshire Pudding C

Serves: 6 to 8

Ingredients:

1 cup	plain flour
	pinch of salt
1	egg
$1^1/_2$ cups	milk
	oil for greasing muffin tins

Method:
Sift flour and salt into a bowl. Break egg into flour and gradually add milk, stirring constantly until smooth. Set aside covered for 1 hour.

To Cook by Convection:
Preheat oven to 220˚C. Brush twelve 7 x 3 cm muffin tins with oil, and place into oven for 2 to 3 minutes to heat oil. Remove tins and pour in batter until tins are half full. Place on Low Rack and cook on 220˚C for 15 to 20 minutes or until golden. Serve with roast beef.

Curried Beef Loaf MC

Serves: 4

Ingredients:

400 g	minced beef
	salt
	freshly ground black pepper
2 tablespoons	curry powder
2 tablespoons	mango chutney
1	onion, peeled and finely chopped
1 cup	fresh breadcrumbs
1	egg, beaten

Method:
Mix the mince with seasonings, carry powder, chutney, onion and breadcrumbs and bind together with the egg. Turn into a well greased 500 g loaf tin and press down. Cook on Combination 1 for 35 to 40 minutes.

Corned Beef

Serves: 4

Ingredients:

1.5 to 1.7 kg	corned silverside
1 tablespoon	brown sugar
1 tablespoon	white vinegar
1	onion, cut in half
4	cloves
6	peppercorns
1	bay leaf
3 cups	water

Method:
Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on HIGH for 10 minutes. Turn meat, cover and cook on MEDIUM for $1^1/_3$ to $1^1/_2$ hours. Stand corned silverside in cooking liquid for 10 minutes before serving.

Note:
Depending on the shape of the silverside, it may require a further 10 to 15 minutes on MED LOW.

French Onion Beef Casserole R MC

Serves: 4 to 6

Ingredients:

1	chopped onion
1 teaspoon	mixed dried herbs
200 g	diced potatoes
500 g	diced chuck steak
40 g packet	French onion soup mix
$^1/_3$ cup	tomato paste
2 cups	beef stock

Method:
In a 3-litre dish place onion, herbs, and potatoes. Set HIGH for 5 minutes. Add steak, soup mix, tomato paste, and beef stock. Cover. Cook on Combination 1 for 40 to 45 minutes, stirring twice during cooking. After cooking, allow to stand for 10 minutes.

Mini Meatballs G

Serves: 4

Ingredients:

500 g	topside mince
1	onion, finely chopped
1	clove garlic, crushed
1/2 cup	fresh breadcrumbs
1 tablespoon	tomato sauce
	freshly ground black pepper

Sauce:

1/2 cup	pineapple pieces, reserve juice
1/2 cup	brown sugar
1 tablespoon	cornflour
1/2 cup	beef stock
1/4 cup	vinegar
2 teaspoons	soy sauce

Method:
Place mince, onion, garlic, breadcrumbs, tomato sauce and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls. Place half of balls onto a paper towel lined dinner plate evenly spread. Cook on MEDIUM for 6 to 8 minutes, turning halfway through cooking. Set aside. Repeat with remaining mixture.

Sweet and Sour Sauce:
Drain pineapple and reserve pineapple juice. In a jug, combine sugar and cornflour. Add reserved pineapple juice, beef stock, vinegar and soy sauce. Mix well. Cook on HIGH for 4 minutes. Stir and add pineapple pieces. Cook on HIGH for a further 2 to 3 minutes. Stir well. Spoon sauce over meatballs and serve.

To Cook by Grill:
Prepare meatballs as above. Preheat oven on Grill 1. Arrange meatballs on High Rack and cook on Grill 1 for 10 to 12 minutes, turning once during cooking.

Beef Stroganoff

Serves: 4

Ingredients:

1 tablespoon	butter
1	onion, sliced
750 g	rump steak sliced into ribbon
2 tablespoons	tomato sauce
2 tablespoons	Worcestershire sauce
200 g	sliced button mushrooms
1 tablespoon	cornflour
1/2 cup	hot beef stock
1/2 cup	sour ream
1 tablespoon	chopped parsley

Method:
Place butter, onion, meat, sauces and mushrooms into a 3-litre dish. Cook on MED HIGH for 8 to 10 minutes. Combine stock and cornflour in a small bowl, then add to meat mixture. Stir well. Cook on MED HIGH for a further 3 to 5 minutes. Add sour cream and parsley. Stir and cook on MED HIGH for 2 minutes. Serve with egg noodles or rice.

Apricot Meatloaf

Serves: 4 to 6

Ingredients:

500 g	minced beef
1	onion, finely chopped
1 can (425 g)	apricot halves, drained and diced
1/2	green capsicum (pepper), finely chopped
1 1/2 cups	soft breadcrumbs
2 tablespoons	fruit chutney
2 tablespoons	chopped parsley
1	beef stock cube, crumbled
	ground black pepper
1/4 cup	milk
1	egg
2 tablespoons	apricot jam

Method:
Combine all ingredients except jam in a large bowl, mix well. Place into a lightly greased 12 cm x 20 cm loaf dish. Cook on MED HIGH for 20 to 25 minutes. Spread with jam while meatloaf is still warm.

Chinese Beef and Vegetables R

Serves: 4 to 6

Ingredients:

400 g	rump steak, sliced
1 teaspoon	chopped ginger
1 teaspoon	chopped garlic
1 tablespoon	soy sauce
2 tablespoons	Hoi Sin sauce
1/4 cup	beef stock
3 cups	sliced vegetables of your choice (e.g. snow peas, broccoli, capsicum)

Method:
Place rump steak, ginger and garlic in a 3-litre dish. Cook on HIGH for 1 minute. In a 1-cup jug mix soy sauce, Hoi Sin sauce and beef stock. Mix into beef. Cook on HIGH for 2 minutes. Mix in vegetables. Cook on HIGH for 5 to 7 minutes stirring halfway through cooking time.

Beef Roll with Spinach and Spring Onion Stuffing

Serves: 4 to 6

Ingredients:

2	thick skirt steaks (approx. 500 g each), pounded

Stuffing:

1 tablespoon	butter
1	clove garlic, crushed
1/2	bunch spinach, washed and roughly chopped
4	spring onions, finely sliced
1/4 cup	fresh breadcrumbs
	salt and pepper
1	egg, lightly beaten
1 tablespoon	slivered almonds

Sauce:

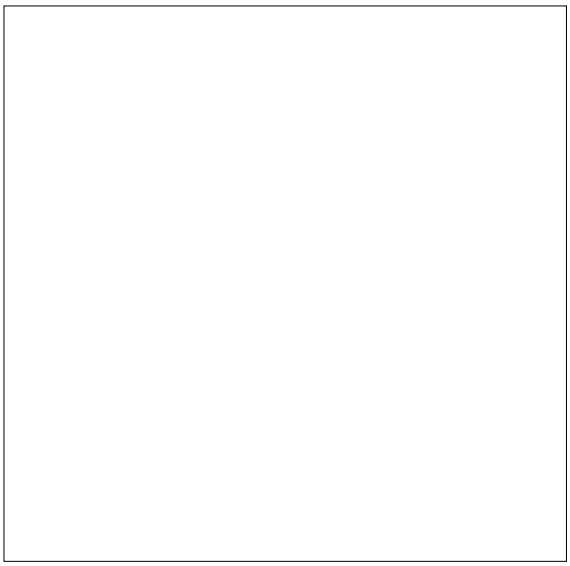
1 can (410 g)	tomato puree
1	clove garlic, crushed
1/2 cup	dried oregano
1/2 teaspoon	dried thyme
1/2 teaspoon	dried basil
	pinch of pepper

Method:

Using a sharp knife, score the smooth side of the steaks to form a diamond pattern. Place steaks scored side down. Set aside. Place butter and garlic into a 2-litre casserole dish. Cook on HIGH for 30 to 40 seconds. Add spinach and spring onions and cook on HIGH for 3 to 4 minutes. Allow to cool slightly. Add breadcrumbs, salt and pepper, egg and almonds to mixture. Mix until well combined. Place stuffing onto steaks and roll up lengthwise to form two long rolls. Secure rolls with string. Place beef rolls on a rack in a 3-litre casserole dish. Cook on MED HIGH for 30 to 35 minutes, turning halfway through cooking. Allow to stand before carving into slices.

Sauce:

Place all ingredients into a 1-litre pyrex jug and mix well. Cook on HIGH for 8 to 10 minutes, or until the sauce is a thick pouring consistency. Pour over beef and serve.



Beef Roll with Spinach and Spring Onion Stuffing

Beef Bourguignonne MC A

Serves: 4

Ingredients:

750 g	topside beef
1/2 cup	red wine
1	clove garlic, crushed
1	bay leaf
125 g	streaky bacon, rind removed and bacon chopped
12	button onions, peeled
1 tablespoon	flour
3/4 cup	beef stock
	salt
	freshly ground black pepper
2 to 3 tablespoons	brandy (optional)
125 g	button mushrooms, cleaned and trimmed

Method:

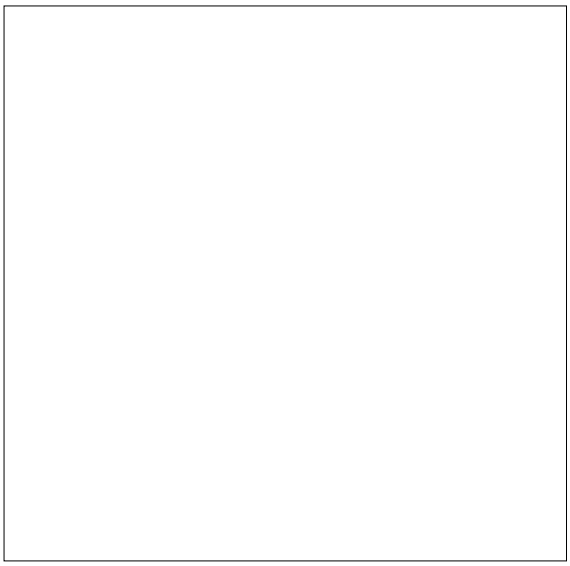
Trim the meat and cut into 2.5 cm cubes. Place in a large casserole dish with the wine, garlic and bay leaf. Cover and leave several hours or overnight in a refrigerator. Place bacon in a shallow dish, cover with paper towel and cook on HIGH for 2 to 3 minutes. Mix in the flour then gradually add the stock. Combine all remaining ingredients except brandy and mushrooms.

To Cook by Combination:

Prepare as above, cook on Combination 1 for 50 minutes. Add the brandy and mushrooms and return casserole to oven uncovered for a further 10 minutes.

To Cook by Auto Menu:

Prepare as above and cover. Select Casserole, then press Start.



Herbed Beef and Mozzarella Roll-up

Herbed Beef and Mozzarella Roll-up MC C

Serves: 4

Ingredients:

750 g	topside mince
1	onion, finely chopped
1	clove garlic, crushed
	black pepper
2 tablespoons	chopped parsley
1 tablespoon	Italian herbs
1	egg, lightly beaten
250 g	Mozzarella cheese, grated

Tomato Sauce:

1 can (425 g)	tomato pieces
1 tablespoon	tomato paste
1 teaspoon	dried basil

Method:
Preheat oven to 190˚C. Mix all ingredients (except cheese) until well combined. Lay a large sheet of greaseproof paper onto a work surface. Place meat on paper and press out firmly to measure 35 x 25 cm. Sprinkle cheese over meat mixture leaving a 2 cm border around all sides. Tightly roll up meat mixture. Place in a 23 x 13cm loaf tin. Cook on 190˚C for 50 to 55 minutes. Drain well after cooking. Stand for 5 minutes before slicing.

To Cook by Combination:
Prepare as above. Cook on Combination 1 for 40 to 45 minutes. Drain well after cooking. Stand for 5 minutes before slicing.

Method for Sauce:
Combine all ingredients in a food processor and process until smooth. Pour into 4-cup jug. Cover with plastic wrap. Cook on HIGH for 5 to7 minutes.

Pepper Pot Beef MC A R

Serves: 4 to 6

Ingredients:

1 teaspoon	minced garlic
1	red capsicum cubed
410 g	can tomatoes
500 g	cubed beef
1/4 cup	tomato paste
1 tablespoon	Worcestershire sauce
1 tablespoon	cracked pepper

Method:
In a 3 litre dish mix garlic, capsicum, tomatoes, beef, tomato paste, Worcestershire sauce and pepper.

To Cook by Microwave:

Cook on MED HIGH for 35 to 40 minutes or until meat is tender. Stirring regularly. Serve with steamed rice.

To Cook by Combination:

Prepare as above. Cover and cook on Combination 1 for 50 to 60 minutes or until beef is tender.

To Cook by Auto Menu:

Prepare as above and cover. Select Casserole, then press Start.

Veal and Pineapple Casserole MC A

Serves: 4 to 6

Ingredients:

125 g	bacon, rind removed
750 g	veal steak, diced
2 tablespoons	seasoned flour
2	onions, sliced
1 can (450 g)	pineapple pieces, stained
2 tablespoons	parsley, finely chopped
1/2 teaspoon	dried basil
1 cup	tomato puree
1	chicken stock cube, crumbled

Method:
Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in a 3-litre casserole dish. Mix well and cover.

To Cook by Microwave:
Cook on MED HIGH for 30 to 35 minutes. Stirring halfway through cooking.

To Cook by Combination:
Prepare as above, cook on Combination 1 for 40 to 45 minutes, stirring halfway through cooking.

To Cook by Auto Menu:
Prepare as above, Select Casserole, then press Start.

Veal Paprika MC

Serves: 4

Ingredients:

750 g	diced veal
250 g	mushrooms, sliced
1 cup	chicken stock
1	onion, finely chopped
1 teaspoon	paprika
	salt and pepper
2 tablespoons	flour
1 tablespoon	tomato paste
1/2 cup	sour cream

Method:
In a 3-litre casserole dish combine veal, mushrooms, 1/2 cup of the chicken stock, onion paprika and salt and pepper. Cook on HIGH for 10 minutes. Blend flour with remaining stock. Stir into veal with tomato paste and cook on HIGH for 2 to 3 minutes. Blend in sour cream. Serve.

To Cook by Combination:
Prepare as above. Cook on Combination 1 for 35 to 40 minutes. Blend flour with remaining stock. Stir into veal with tomato paste and cook on HIGH for 2 to 3 minutes. Blend in sour cream. Serve.

Italian Sausage and Pepper Casserole MC

Serves: 4

Ingredients:

4 cups	water
1 1/2 cups	elbow macaroni
500 g	Italian sausages or chipolatas
2	large onions, diced
2	green capsicums (pepper), diced
1 can (425 g)	tomato purée
1/2 teaspoon	salt
1/2 teaspoon	pepper
1 teaspoon	Italian herbs
1/3 cup	Parmesan cheese

Method:
Place water in a 4-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add macaroni, cover and cook on HIGH for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Place sausages in a 3-litre casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Drain, slice into 3 cm pieces. Set aside. Place onion and capsicum (pepper) in casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Stir in macaroni, sliced sausages, tomato purée, salt and pepper, herbs and half the Parmesan cheese. Cover and cook on Combination 1 for 20 minutes. Remove lid, stir, sprinkle over remaining Parmesan cheese. Cook as above for a further 15 minutes.

Crispy Spinach Stuffed Pork MC

Serves: 6

Ingredients:

1.8 kg	pork roll
1/2	bunch spinach, washed and stalks removed
1	clove garlic, crushed
	juice of 1 lemon
1/2 cup	pine nuts

Method:
Unroll pork on a flat surface. Place spinach leaves garlic and lemon juice in a 3-litre casserole dish. Cook covered on HIGH for 3 to 4 minutes. Place spinach mixture on top of pork and sprinkle with pine nuts. Re-roll pork tightly and secure with string. Place pork on Low Rack. Cook on Combination 5 for 75 to 85 minutes. Stand covered for 10 minutes before serving.

Barbecued Spare Ribs G

Serves: 4

Ingredients:

1 kg	pork spare ribs
3/4 cup	fruit chutney
1/2 cup	tomato sauce
1 tablespoon	soy sauce
1 tablespoon	Worcestershire sauce

Method:
Place all ingredients into a large pyrex bowl and mix well. Allow the spare ribs to marinate for several hours or overnight. Preheat grill on Grill 1. Cook spare ribs on High Rack for 20 to 25 minutes. Turn halfway through cooking. Serve with rice.

Roast Pork MC A

Serves: 6 to 8

Ingredients:

2 to 2.25 kg	loin of pork, on bone
2 teaspoons	salt

Method:
Place pork skin side up on Low Rack. Rub salt into rind of pork,

To Cook by Combination:
Cook on Combination 5 for 1 hour 30 to 45 minutes. Stand for at least 10 minutes before carving.

To cook by Auto Menu:
Prepare as above. Select Pork, enter the weight, then press Start.

Vegetable Varieties

Directions for Cooking Vegetables by Microwave

Fresh Vegetables

Place vegetables in a casserole dish. Add 2 to 3 tablespoons of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.
Cook on HIGH according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange, if required.
Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate.
Allow to stand covered according to the time indicated in the charts.

Frozen Vegetables

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in pouch should be placed in a dish and the top pierced. Cook on HIGH according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.

Dried Beans or Peas

Place hot tap water, in a 4-litre dish. Bring hot water to the boil on HIGH for 10 to 12 minutes.

To Cook by Time:
Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir.

Note: Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups cooked. Use in place of canned beans. Allow to stand, covered, for 15 to 20 minutes after cooking.

Frozen Vegetables Chart

Vegetable	Quantity	Cooking Procedure	Approximate Cooking Time (in min.) on HIGH power
Beans	250 g	Cook in covered 2-litre dish.	5 to 7
Broad beans	250 g	Cook in covered 2-litre dish.	5 to 7
Broccoli (spears)	350 g	Cook in covered 2-litre dish.	5 to 7
Brussels Sprouts	250 g	Cook in covered 2-litre dish.	5 to 7
Carrots (baby)	250 g	Cook in covered 2-litre dish.	6 to 8
Cauliflower	500 g	Cook in covered 2-litre dish.	5 to 7
Corn ($^1/_2$ cob) Corn (cobs)	$^1/_2$ cob (75 g) 250 g	Cook in covered 2-litre dish. Cook in covered 2-litre dish.	3 to 4 5 to 7
Mixed vegetables	250 g	Cook in covered 2-litre dish.	5 to 7
Peas	250 g	Cook in covered 2-litre dish.	5 to 7
Spinach	250 g	Cook in covered 2-litre dish.	5 to 7

Dried Beans and Peas Chart

Item	Container	Amount of Hot Water	Approx. Time to Boil Hot Water on HIGH Covered (in mins.)	To Cook Beans on MED LOW Covered (in mins.)
Lentils (250 g)	4-litre dish	2 litre	10 to 12	15 to 20
Soup mix (250 g)	4-litre dish	2 litre	10 to 12	15 to 20
Split peas (250 g)	4-litre dish	2 litre	10 to 12	20 to 25
Beans (250 g) Soaked overnight	4-litre dish	2 litre	10 to 12	25 to 30

Vegetable Varieties

Fresh Vegetables Chart for Time Cooking

Vegetables should be covered and cooked on HIGH power for best results. Weights given are trimmed weights.

Vegetable	Quantity	Cooking Procedure	Approximate Cooking Time (in min.) on HIGH power
Asparagus	250 g	Covered dish with 1/2 cup water.	4 to 6
Beans (sliced)-finely	250 g	Covered dish with 1/4 cup water.	6 to 8
Beetroot	4 whole (1 kg)	Covered with 2 cups water in a 4-litre dish. Stand after cooking 5 mins.	15 to 20
Broccoli	500 g	Flowerets only, in a covered dish with 1/4 cup water.	6 to 8
Brussels sprouts	500 g	Covered dish with 1/4 cup water.	4 to 6
Cabbage	500 g	Shredded, with 1/4 cup water in a covered dish.	6 to 8
Carrots	4 (sliced finely) (225 g)	With 1/4 cup water in a covered dish.	4 to 6
Cauliflower	500 g	In a covered dish, with 1/4 cup water.	6 to 8
Celery	6 stalks (400 g)	Cut in 1 cm angled pieces with 1/4 cup water, in a covered dish.	6 to 8
Corn	2 cobs (500 g) 4 cobs (1 kg)	Brush with melted butter and cook on a covered dish.	4 to 6 8 to 10
Eggplant	1 (500 g)	Dice with 1/4 cup water in a covered dish.	4 to 6
Onions	3 (200 g)	Cut in quarters with 1/4 cup water in a covered dish.	6 to 8
Mushrooms	250 g (sliced)	Cook with 2 tablespoons butter in a covered dish.	3 to 5
Peas	250 g	Shell peas and place with 1/4 cup water in a covered dish.	4 to 6
Potatoes mashed jacket	5 (500 g)	Peeled and quartered with 1/4 cup water. Prick skins, on paper towel lined plate, uncovered.	10 to 12 8 to 10
Pumpkin	500 g	Peeled and cut into uniform pieces with 1/4 cup water in a covered dish.	8 to 10
Spinach	250 g	Remove stem, cut leaves into small pieces. With 1/4 cup water in a dish, covered.	4 to 6
Sweet potato (Kumara)	500 g	In serving size pieces with 2 tablespoons butter in a covered dish.	6 to 8
Turnips	500 g	Peeled and sliced finely with 1/4 cup water in a covered dish.	6 to 8
Tomatoes	2 (300 g)	Sliced and cooked covered with 1 tablespoon butter in a dish.	2 to 4
Zucchini (Courgette)	500 g	Cut in 2 cm pieces in a covered dish.	5 to 7

Vegetable Varieties

Creamed Spinach A

Serves: 4

Ingredients:

1	bunch spinach, roughly chopped
4	spring onions, finely chopped
1	clove garlic, crushed
2 tablespoons	sour cream
	salt and pepper

Method:
Wash and drain spinach leaves, spring onions and garlic in a covered 3-litre casserole dish.

To Cook by Microwave:
Cook on HIGH for 6 to 8 minutes.

To Cook by Auto Menu:
Select Vegetables, then press Start.

To Complete:
Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on HIGH for 1 to 2 minutes. Serve.

Broccoli and Cheese Sauce A

Serves: 2 to 3

Ingredients:

250 g	broccoli, washed, trimmed and cut into pieces
2 tablespoons	water

Cheese Sauce:

2 tablespoons	butter
2 tablespoons	flour
1 cup	milk
3/4 cup	grated cheese
1/4 teaspoon	mustard
	salt and pepper

Method:
Place broccoli and water in a covered 2-litre casserole dish.

To Cook by Microwave:
Cook on HIGH for 6 to 8 minutes. Drain and set aside.

To Cook by Auto Menu:
Select Vegetables, then press Start. Drain and set aside.

To Complete:
Place butter in a 4-cup jug and cook on HIGH for 30 seconds. Add flour and mix well. Cook on HIGH for 20 to 30 seconds. Add milk gradually and stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on MEDIUM for a further 1 minute.

Fanned Potatoes C

Serves: 4

Ingredients:

50 g	butter
800 g	potatoes, peeled
	salt
	paprika

Method:
Melt butter in a 2-cup jug on HIGH for 1 to 2 minutes.

To Cook by Convection:
Preheat oven to 200°C. Cut potatoes widthwise in thin slices, without cutting right through to the base. Place potatoes on Low Rack with cut side uppermost. Pour over melted butter. Sprinkle with salt and paprika. Cook on 200°C for 40 to 45 minutes, basting occasionally.

Savoury Brussels Sprouts A

Serves: 4

Ingredients:

500 g	Brussels sprouts
2 tablespoons	butter
150 g	bacon, rind removed and bacon finely chopped
1	onion, finely chopped
1 teaspoon	dill or basil
1 teaspoon	sugar

Method:
Wash and drain Brussels sprouts. Place in a covered 2-litre casserole dish.

To Cook by Microwave:
Cook on HIGH for 4 to 5 minutes. Drain.

To Cook by Auto Menu:
Select Vegetables, then press Start . Drain.

To Complete:
Place remaining ingredients in a 2-litre casserole dish. Cook on HIGH for 3 to 5 minutes. Add Brussels sprouts and cook on HIGH 1 to 2 minutes. Serve.

Herbed Vegetables R

Serves: 6 to 8

Ingredients:

200 g	sliced snow peas
200 g	sliced carrots
200 g	sliced zucchini
2 tablespoons	chopped parsley

Method:
In a 2-litre dish combine all vegetables. Cover and Cook on HIGH for 3 minutes. Stir and Cook on HIGH for a further 3 minutes.

Frittata

Serves: 4

Ingredients:

400 g	potatoes (approx. 4) thinly sliced
1	onion, peeled and sliced
1/2	red capsicum (pepper), finely sliced
1/2	green capsicum, finely sliced
1	medium sized tomato, chopped
2 tablespoons	chopped basil
4	eggs
1/3 cup	sour cream
	salt and pepper
1 tablespoon	butter
1/2 cup	grated tasty cheese

Method:
Place potatoes and onion into a 2-litre flat dish and cook on HIGH for 5 to 7 minutes. Prepare remaining vegetables. Preheat a browning dish on HIGH for 5 minutes. Beat together eggs and sour cream, season with salt and pepper. Add butter and all vegetables to browning dish. Stir quickly. Pour over egg mixture and cook on HIGH for 4 to 5 minutes. Sprinkle with cheese and cook on MED HIGH for a further 8 to 10 minutes. Allow to stand covered for 5 minutes before serving.

Stuffed Tomatoes

Serves: 2

Ingredients:

2	tomatoes (large)
1/4 cup	fresh breadcrumbs
1/4 cup	grated cheese
4	spring onions, finely sliced
1 tablespoon	finely chopped parsley
	salt and pepper
1/4 cup	extra grated cheese

Method:
Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix with remaining ingredients, except extra cheese. Place tomatoes in a 1-litre dish. Cook on HIGH for 1 minute. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes into a 2-litre casserole dish and cook on HIGH for 2 to 3 minutes. Serve.

Tip:
To cook 4 stuffed tomatoes, cook on HIGH for 6 to 8 minutes.

Tomato Vegetable Casserole R

Serves: 2 to 4

Ingredients:

200 g	sliced mushrooms
1	egg plant, chopped
200 g	zucchini sliced
1	Capsicum, sliced
1	onion sliced
410 g	can tomatoes
1/2 cup	tomato puree
1 teaspoon	mixed herbs
1 teaspoon	minced garlic

Method:
In a 4 litre dish place mushrooms, eggplant, zucchini, capsicum and onion.
Cover. Cook on HIGH for 8 minutes. Add tomatoes, puree, mixed herbs and garlic. Cover. Cook on HIGH for 8 minutes.

Vegetable Curry R

Serves: 4 to 6

Ingredients:

1	onion sliced
2 tablespoons	green curry paste
3 cups	sliced vegetables
1 can (440 g)	chick peas, drained
1 cup	coconut milk
1 tablespoon	lemon juice
1 tablespoon	soy sauce
1/2 cup	chopped nuts

Method:
In a 3 litre dish place onion and curry paste. Cook on HIGH for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on HIGH for 7 minutes. Sprinkle with nuts.

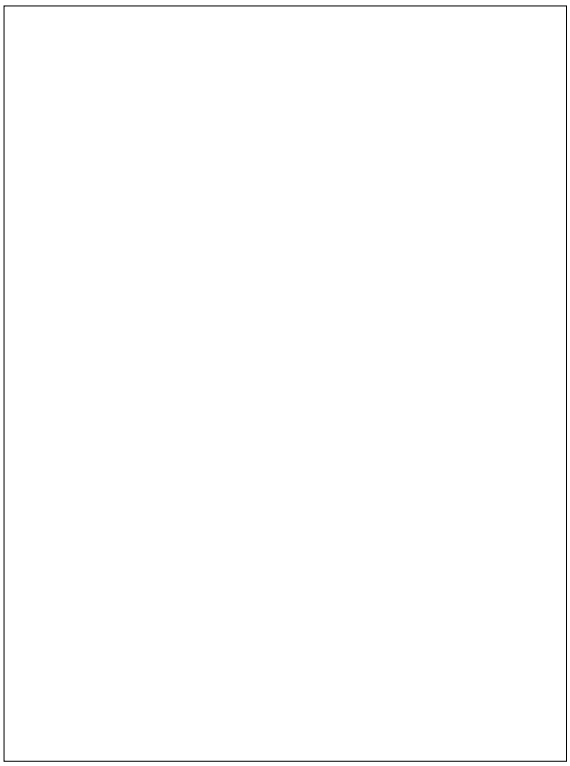
Oriental Vegetables

Serves: 4 to 6

Ingredients:

1 tablespoon	oil
1 cup	diagonally sliced celery
1	large onion, cut into petals
1	green capsicum (pepper), cut into 2.5 cm pieces
1	red capsicum (pepper), cut into 2.5 cm pieces
1 cup	sliced mushrooms
1 tablespoon	Hoi Sin sauce
2 teaspoons	soy sauce

Method:
Place a browning dish on HIGH for 7 minutes. Add oil and vegetables and stir well. Cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Mix together sauces in a 1-cup glass jug and cook on HIGH for 1 minute. Pour over hot vegetables and mix well.



Cheese and Ham Filled Potatoes

Cheese and Ham Filled Potatoes A R

Serves: 4

Ingredients:

4	medium sized potatoes
100 g	ham, finely diced
3 tablespoons	snipped chives
40 g	butter
1/2 cup	grated Cheddar cheese

Method:
Place potatoes on a dinner plate. Cook on HIGH for 5 to 7 minutes. Allow to stand for 4 minutes. Cut off tops of potatoes and scoop out filling. Mash filling with remaining ingredients. Spoon filling into potatoes. Cook on HIGH for 3 to 5 minutes.

To Cook by Microwave:
Cook on HIGH for 6 to 8 minutes.

To Cook by Auto Menu:
Select Root Veg., then press Start.

Cheesy Mashed Potatoes

Serves: 4

Ingredients:

500 g	potatoes, peeled and quartered
1/4 cup	water
1/4 cup	milk
1 tablespoon	butter
1/4 cup	grated cheese
	pinch of nutmeg

Method:
Place potatoes and water into a 2-litre casserole dish. Cover and cook on HIGH for 6 to 10 minutes. Drain. Mash potatoes with a potato masher. Add remaining ingredients except nutmeg. Mix well. Cook on HIGH for 1 minute, sprinkle with nutmeg. Stir well before serving.

Duchess Potatoes G

Serves: 4

Ingredients:

500 g	potatoes, peeled and quartered
1/4 cup	water
1	egg, lightly beaten
1/4 cup	cream
	salt and white pepper

Method:
Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Drain well and mash. Preheat oven on Grill 2. Add egg and cream, mix until smooth. Season to taste with salt and pepper. Grease a round baking tray with melted butter. Place potato mixture into a piping bag and pipe mixture into approximately 5 cm circles on the baking tray. Place on High Rack and cook on Grill 2 for 5 to 7 minutes.

Mini Baked Potatoes R G

Serves: 4

Ingredients:

500 g	halved chat potatoes
	oil, for brushing
1 tablespoon	dried thyme

Method:
Place potatoes in a shallow dish. Brush with oil, and sprinkle with thyme. Place on High Rack and cook on Grill 1 for 20 minutes. Turn over and rearrange. Cook on Grill 1 for another 20 minutes.

Vegetable Varieties

Saute Mushrooms

Serves: 4 to 6

Ingredients:

1 tablespoon	butter
400 g	mushrooms
1	clove garlic, crushed
	salt and pepper
2 tablespoons	chopped parsley

Method:
Place Butter in a 2-litre dish and cook on HIGH for 30 to 40 seconds. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on HIGH for 3 to 4 minutes. Stir halfway through cooking.

Honey Glazed Carrots A

Serves: 4 to 6

Ingredients:

500 g	carrots (approx. 4)
2 tablespoons	brown sugar
2 teaspoons	butter
2 tablespoons	honey

Method:
Peel and thinly slice carrots.
Combine all ingredients in a 2-litre casserole dish.

To Cook by Microwave:
Cover and cook on HIGH for 6 to 8 minutes. Serve.

To Cook by Auto Menu:
Prepare as above. Cover with a lid or plastic wrap. Select Vegetables then press Start. Serve.

Potato Casserole MC G R

Serves: 4 to 6

Ingredients:

750 g	sliced potatoes
1 cup	sour cream
1/4 cup	milk
3	spring onions, sliced
2	bacon rashers, chopped
1/2 cup	grated cheese

Method:
In a 2-litre dish place potatoes, sour cream and milk. Place on Low Rack and cook on Combination 5 for 30 to 35 minutes. Top with spring onions, bacon and cheese. Cook on Grill 1 for 10 minutes.

To Cook by Microwave:
Cover and cook on HIGH for 18 to 20 minutes. Stand covered for 5 to 10 minutes before serving.

Tomato and Onion

Serves: 4

Ingredients:

600 g	tomatoes, thinly sliced (approx. 3)
1	onion, thinly sliced
1/2 teaspoon	basil
	salt and pepper to taste

Method:
Place all ingredients in a 2-litre casserole dish. Cook covered on HIGH for 7 to 10 minutes. Serve with barbecued steak or grilled meat.

Cabbage Ham and Onion A

Serves: 6

Ingredients:

500 g	cabbage, shredded
2 tablespoons	water
1	onion, finely chopped
1 tablespoon	butter
125 g	ham, finely chopped
	salt and pepper

Method:
Place cabbage and water in a 3-litre casserole dish.

To Cook by Microwave:
Cover and cook on HIGH for 10 to 12 minutes. Drain and set aside.

To Cook by Auto Menu:
Prepare cabbage as above. Select Vegetables, then press Start. Drain and set aside.

To Complete:
Place onion and butter in a 1-litre casserole dish and cook on HIGH for 3 to 4 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on HIGH for 2 to 3 minutes. Season

Potato Wedges G R

Serves: 4

Ingredients:

500 g	potatoes
	oil, for brushing

Method:
Cut potatoes into wedges. Place in shallow dish. Cook on HIGH for 5 minutes. Brush with oil. Place dish on Low Rack. Cook on Grill 1 for 30 minutes.

Vegetable Varieties

Stuffed Capsicum (Peppers)

Serves: 4

Ingredients:

4	medium sized green capsicum (pepper), remove tops and seeds
1 cup	cooked rice
1/2 teaspoon	mixed herbs
1	onion, finely chopped
1 cup	finely chopped ham or chicken
1/4 cup	cream
	salt and pepper to taste
1/2 cup	grated tasty cheese
	paprika

Method:
Cook capsicum (pepper) in a 2-litre covered casserole dish on HIGH for 6 to 8 minutes. Drain off excess water. Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill capsicum (pepper) with stuffing. Top with grated cheese. Cook, uncovered, on HIGH for 3 to 5 minutes. Serve sprinkled with paprika.

Corn on the Cob A

Serves: 4

Ingredients:

4	cobs corn
2 tablespoons	butter
	salt and pepper

Method:
Place corn cobs in a 3-litre casserole dish and dot with butter.

To Cook by Microwave:

Cook covered on HIGH for 12 to 14 minutes. Stand covered for 5 minutes. Season with salt and pepper.

To Cook by Auto Menu:

Prepare as above. Cover securely. Select Vegetables, then press Start. Stand 5 minutes before serving.

Curried Creamy Beans

Serves: 4

Ingredients:

2 cups	frozen green beans
2 tablespoons	cream cheese
2 tablespoons	sour cream
2	spring onions, finely sliced
1/2 teaspoon	curry powder
1/4 teaspoon	salt

Method:
Place beans in a 2-litre casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Drain and allow to stand, covered. Mix remaining ingredients in a jug or a small bowl. Pour over beans and mix well. Cook on HIGH for 30 to 60 seconds. Serve hot.

Minted Peas A

Serves: 4

Ingredients:

1 kg	fresh peas, shelled
1 teaspoon	water
1 teaspoon	butter
1 tablespoon	chopped mint
	salt and pepper

Method:
Combine all ingredients in a 1 litre casserole dish.

To Cook by Microwave:
Cover and cook on HIGH for 6 to 8 minutes. Stir and serve.

Tip: Frozen Peas can be substituted for fresh. 250 g of frozen peas will take 5 to 7 minutes on HIGH.

To Cook by Auto Menu:
Prepare as above.
Cover with a lid or plastic wrap. Select Vegetables, then press Start. Stand covered for 2 to 3 minutes.

Cauliflower Au Gratin A G

Serves: 2 to 4

Ingredients:

500 g	cauliflower, trimmed and cut into pieces
2 tablespoons	water
2 tablespoons	butter
1	small onion, finely chopped
2 tablespoons	flour
1 cup	milk
1/2 cup	grated tasty cheese
2 tablespoons	fresh bread crumbs

Method:
Place cauliflower and water in a covered shallow casserole dish.

To Cook by Microwave:
Cook on HIGH for 6 to 8 minutes. Stand covered while making sauce.

To Cook by Auto Menu:
Prepare cauliflower as above. Select Vegetables, then press Start. Stand covered while making sauce.

To Make Sauce:
Place butter and onion in a 4-cup glass jug. Cook on HIGH for 2 to 3 minutes. Stir in flour and cook on HIGH for 1 minute. Add milk gradually. Stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking.

To Complete:
Preheat oven on Grill 1. Drain cauliflower and pour over sauce. Sprinkle with cheese and breadcrumbs. Place a dish on Low Rack and cook on Grill 1 for 3 to 5 minutes.

Rice, Pasta and Cereal

Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart on page 78 for recommended dish size, amounts of water and cooking time. Add grain to cold water. Add salt and butter according to package directions.

Cook on HIGH for time recommended in chart. Allow to stand covered before serving.

For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

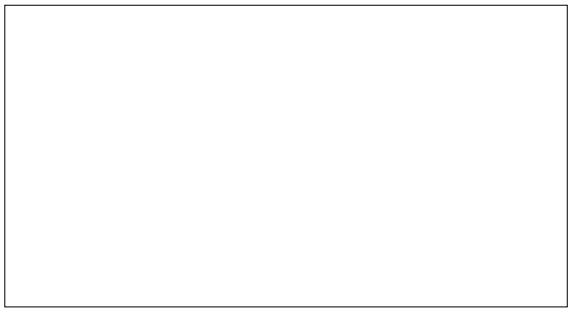
Directions for Cooking Pasta by Microwave

Follow directions in the chart on page 78 for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for times recommended in the chart. Cook on HIGH. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered for 5 minutes.

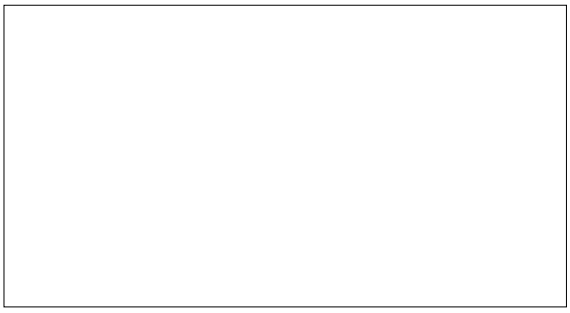
Drain and rinse before serving.

Directions for Cooking Hot Cereal by Microwave

Combine $^{1}/_{4}$ cup of quick cooking oats, pinch salt and $^{2}/_{3}$ cups hot tap water in a breakfast bowl.



Cook on HIGH for 1 to 2 minutes, stirring halfway through cooking.



Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

Rice, Pasta and Cereal

Directions for Cooking Rice and Other Grains by Microwave

Item	Container	Amount of Cold Water	Approx. Time to Cook Grain on HIGH Uncovered (in minutes)	Standing Time (in minutes)
RICE Brown (1 cup)	4-litre dish	2 cups	22 to 25	10
Long Grain (1 cup)	3-litre dish	1 1/2 cups	10 to 12	5
Short Grain (1 cup)	3-litre dish	1 1/2 cups	10 to 12	5
BARLEY (1 cup)	3-litre dish	4 cups	25 to 30	10

Directions for Cooking Pasta by Microwave

Item	Container	Amount of Boiling Water	Approx. Time to Cook Pasta on HIGH Uncovered (in minutes)	Standing Time (in minutes)
Egg Noodles medium width (250 g)	4-litre dish	6 cups	6 to 8	5
Elbow Macaroni, (250 g)	3-litre dish	4 cups	8 to 10	5
Lasagna Noodles(250 g)	4-litre dish	6 cups	8 to 10	5
Spaghetti (375 g)	4-litre dish	4 cups	10 to 12	5
Specialty Noodles bows, shells, etc. (250 g)	4-litre dish	4 cups	8 to 10	5

Fragrant Coconut Rice R

Serves: 4 to 6

Ingredients:

1	onion, finely chopped
2 cups	long grain rice
600 ml	chicken stock
300 ml	coconut milk
1 teaspoon	turmeric
1 teaspoon	cumin

Method:
Combine all ingredients in a 3 litre dish. Cook on HIGH for 18 to 20 minutes. Stir and cover. Allow to stand for 5 to 10 minutes.

Macaroni and Cheese

Serves: 4 to 6

Ingredients:

60 g	butter
2	onions, finely chopped
2 tablespoons	flour
2 cups	milk
1 cup	grated tasty cheese
6 cups	cooked macaroni, drained well
1/2 cup	extra grated tasty cheese
	paprika

Method:
Place butter and onions in a 2-litre casserole dish and cook on HIGH for 5 minutes. Add flour, mix well and cook on HIGH for 1 minute. Blend in milk and cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish.
Top with extra cheese and sprinkle with paprika. Cook on HIGH for 6 to 8 minutes.

Seasoned Rice R

Serves: 6 to 8

Ingredients:

1	onion chopped
1 cup	long grain rice
1 teaspoon	thyme
2 1/2 cups	chicken stock
1/4 cup	slivered almonds, toasted

Method:
In a 3 litre dish place onion, rice, thyme and chicken stock. Cook on HIGH for 15 minutes. Stir. Cover. Stand for 10 minutes. Add almonds, and serve.

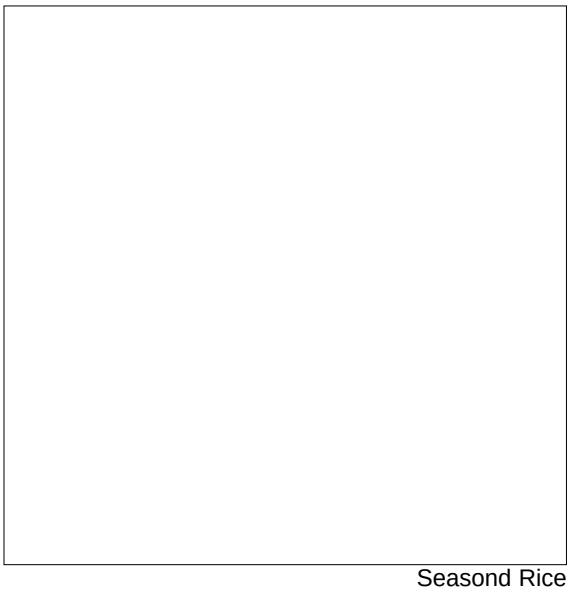
Paella

Serves: 6 to 8

Ingredients:

500 g	mussels in shell
1/4 cup	water
1	green capsicum (pepper), sliced
1	red capsicum (pepper), sliced
2	onions, sliced
1	clove garlic, crushed
2 tablespoons	butter
2 cups	long grain rice
1 can (440 g)	peeled tomatoes, roughly chopped
1 1/2 cups	hot chicken stock
	pinch saffron powder
1 1/2 cups	cooked diced chicken
200 g	peeled green prawns

Method:
Place mussels and water into a 3-litre dish, cover and cook on MED HIGH for 4 to 5 minutes. Set aside. Place capsicums (pepper), onions, garlic and butter into a 4-litre dish and cook on HIGH for 4 to 6 minutes. Add rice and stir well. Cook on HIGH for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on HIGH for 16 to 18 minutes. Stir in chicken, prawns and mussels and cook on MED HIGH for 4 to 6 minutes. Stand for 5 minutes before serving.



Seasond Rice

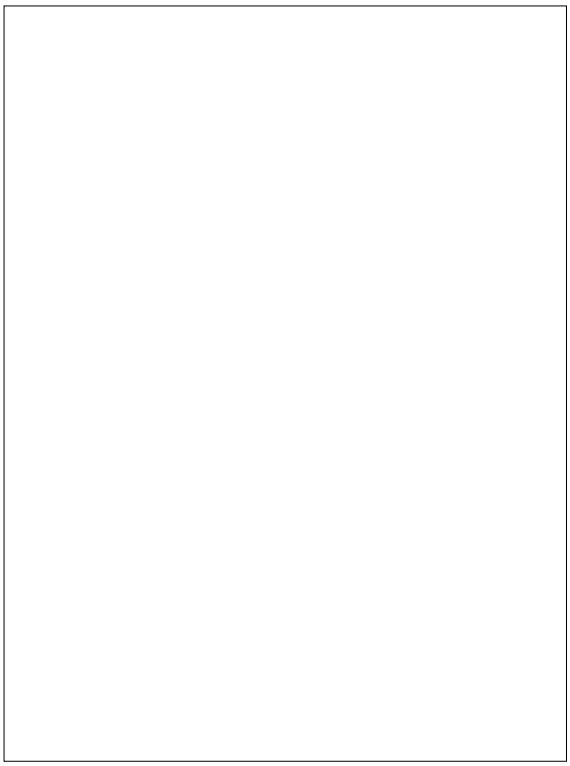
Chicken Risotto R

Serves: 4

Ingredients:

300 g	fresh asparagus, chopped
2 tablespoons	olive oil
1 1/2 cups	arborio rice
1	clove garlic, crushed
4 cups	boiling chicken stock
2 cups	coarsely chopped cooked chicken
1/4 cup	grated fresh parmesan cheese
1/4 cup	cream
	ground black pepper
extra	coarsely grated parmesan cheese

Method:
Place asparagus into a 2-litre dish and cook on HIGH for 1 minute. Set aside. Place oil, rice and garlic in a large microwave safe bowl. Cook covered on HIGH for 1 minute. Add 2 cups of boiling chicken stock, cook on HIGH for 5 minutes. Stir twice during cooking. Add remaining chicken stock and cook on HIGH for another 5 minutes. Add remaining ingredients along with asparagus and stir into risotto. Cook covered on HIGH for 3 minutes. Stand for 5 minutes. Serve topped with extra parmesan and black pepper.



Creamy Bacon Sauce

Creamy Bacon Sauce R

Serves: 4

Ingredients:

1	chopped onion
3	bacon rashers, chopped
1 teaspoon	minced garlic
300 ml	cream
1/4 cup	parmesan cheese
	pepper
2 tablespoons	chopped fresh parsley

Method:
In a 2-litre jug, mix onion, bacon and garlic. Cook on HIGH for 4 minutes. Add cream cheese, pepper and parsley. Cook on HIGH for 3 minutes Serve with fettuccine or your favourite pasta.

Rice Salad

Serves: 6 to 8

Ingredients:

2 cups	long grain brown rice
2	spring onions, chopped
1	red capsicum (pepper), chopped
2	stalks celery, chopped
1/3 cup	dates, stoned and chopped
1/4 cup	blanched almonds
1/4 cup	sunflower seeds
Dressing:	
2 tablespoons	oil
2 tablespoons	unsweetened apple juice
2 tablespoons	cider vinegar
2 tablespoons	bran
1 teaspoon	curry powder
1	clove garlic, crushed
	black pepper

Method:
Follow method for boiled brown rice recipe to cook rice. Drain rice and allow to cool. Combine with prepared ingredients. Prior to serving, pour dressing over.

Salad dressing:
Shake all ingredients in a screw top jar until well mixed.

Spaghetti Meat Sauce R

Serves: 4 to 6

Ingredients:

500 g	minced beef
1	onion, chopped
1 teaspoon	minced garlic
1 can (425 g)	tomatoes
1 cup	tomato paste
2	beef stock cubes
1 tablespoon	dried mixed herbs
1 tablespoon	Worcestershire sauce
	pepper

Method:
In a 3 litre dish mix all ingredients. Cook on HIGH for 9 minutes. Stir. Cook on MED HIGH for 9 minutes. Stir. Cook on MED HIGH for another 9 minutes.

Pasta Salad A

Serves: 4

Ingredients:

225 g	pasta shapes, i.e. shells, twists
1 teaspoon	salt
6 cups	boiling water
1 tablespoon	oil
45 g	butter
120 g	mushrooms, sliced
4	spring onions, finely chopped
1	small red capsicum (pepper), deseeded and cut in julienne strips
1	small green capsicum, deseeded and cut in julienne strips
1/4 cup	salad oil
3 tablespoons	malt vinegar
1 tablespoon	tomato paste
1 teaspoon	poppy seeds
2 teaspoons	mixed dried herbs
	ground pepper to taste

Method:

To Cook by Microwave:

Place pasta, salt, water and oil in a large bowl. Cook on HIGH for 8 to 10 minutes, then leave to stand, covered for 5 minutes.

To Cook by Auto Menu:

Place pasta, salt, water and oil in a large bowl. Select Pasta, then press Start.

To Complete:

Drain and leave to thoroughly cool. Place the butter in a bowl and cook on HIGH for 30 to 40 seconds to melt. Add the mushrooms and cook on HIGH for 1 1/2 to 2 minutes. Drain and leave to cool.
When pasta and mushrooms are thoroughly cold place in a large bowl with spring onion and capsicum. Put the salad oil, vinegar, tomato paste, poppy seeds, herbs and cracked pepper in a screw topped jar. Shake to thoroughly combine. Pour over the pasta mixture and stir until all the ingredients are coated with dressing. Chill well before serving.

Pesto and Egg Noodles

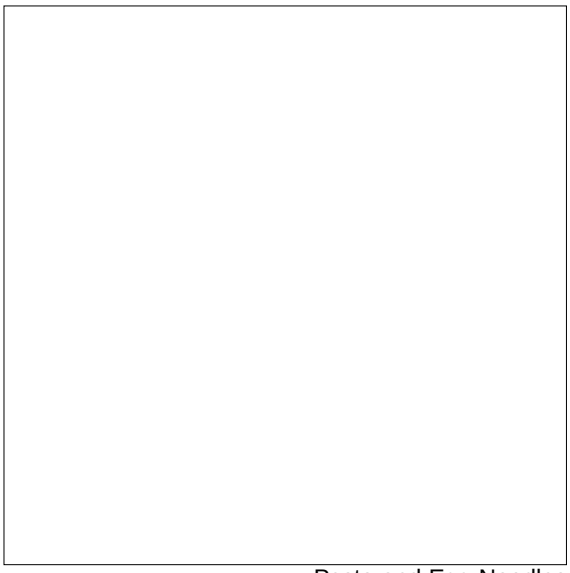
Serves: 6 to 8

Ingredients:

6 cups	boiling water
250 g	packet egg noodles
2	cloves garlic, crushed
1/2 cup	chopped fresh basil leaves
1/4 cup	pine nuts, finely chopped
1/2 cup	grated Parmesan cheese
1 cup	olive oil
	salt and black pepper

Method:

Place water in a 3-litre casserole dish. Add egg noodles. Cook on HIGH for 6 to 8 minutes. Mix together garlic, basil, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained noodles.
Tip: Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.



Pesto and Egg Noodles

Chicken and Mushroom Pasta Sauce R

Serves: 6

Ingredients:

30 g	butter
1	onion chopped
1 teaspoon	minced garlic
2 tablespoons	plain flour
1/2 teaspoon	mustard
1 1/2 cups	milk
1 cup	diced cooked chicken
1 cup	sliced mushrooms
1/2 cup	grated cheese
2 tablespoons	parsley

Method:

In a 3 litre dish place butter, onion, and garlic. Cook on HIGH for 3 minutes. Stir in plain flour and mustard. Cook on HIGH for 1 minute. Whisk in milk. Set on HIGH for 1 minute. Stir. Cook on HIGH for 1 minute. Mix in chicken, mushrooms, cheese and parsley. Cook on HIGH for 2 minutes. Stir. Cook on HIGH for 2 minutes.

Caramel Banana Cake C A

Makes: 1 x 20 cm ring cake

Ingredients:

125 g	butter
3/4 cup	brown sugar
2	eggs, lightly beaten
1 cup	mashed banana
1 1/2 cups	self-raising flour
1 teaspoon	bicarbonate of soda
3/4 cup	sour cream
1 tablespoon	milk
1/2 cup	pecans, roughly chopped
Caramel Icing:	
40 g	butter
1/2 cup	brown sugar
2 tablespoons	sour cream
1/4 cup	pecans, roughly chopped
1 1/2 cups	icing sugar

Method:

To Cook by Convection:

Preheat oven to 170°C. Cream butter and sugar until light and fluffy. Beat in eggs until combined. Stir in banana. Fold in sifted dry ingredients alternately with sour cream and milk. Stir in pecans. Pour into greased and lined 20 cm ring pan. Place on Low Rack and cook for 45 minutes or until cooked. When cool, spread with caramel icing.

Caramel Icing:

Melt butter and brown sugar on HIGH for 1 to 2 minutes. Heat until well combined. Do not boil. Add sour cream, stir in icing sugar. Spread over cooled cake. Decorate with pecans.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack.
Select Cake/Dessert, then press Start.

Quick Mix Chocolate Cake

Makes: 1 x 20 cm ring cake

Ingredients:

1 cup	self-raising flour
1 cup	caster sugar
2 tablespoons	cocoa
3 tablespoons	butter, softened
2	eggs
1/3 cup	milk

Method:

Sift all dry ingredients into a bowl, add butter, eggs and milk. Beat with a wire whisk for 1 to 2 minutes. Grease a 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on MED HIGH for 5 to 7 minutes. Stand covered for 5 minutes before turning out. Cool on a wire rack.

Tip: To soften butter cook on MEDIUM for 10 to 15 seconds.

Vanilla Poppy seed Cake C

Makes: 1 x 19 x 9 cm loaf pan

Ingredients:

125 g	butter
1 cup	caster sugar
1 teaspoon	vanilla essence
2	eggs
1 1/2 cups	plain flour
1/2 cup	sour cream
1/4 cup	poppy seeds
Lemon Icing:	
40 g	butter
1 1/2 cups	icing sugar
1 tablespoon	lemon juice

Method:

Preheat oven to 170°C. Grease and paper line a 19 x 9 cm loaf pan. Cream butter, sugar and essence until light and fluffy. Beat in eggs, one at a time until combined. Stir in half the sifted flour and sour cream and then remaining flour, sour cream and poppy seeds. Spread mixture into prepared pan. Place on Low Rack and cook for 50 to 60 minutes. Stand for 10 minutes before turning onto wire rack. Spread cold cake with icing.

Lemon Icing:

Beat butter until light, before beating in icing sugar and lemon juice.

Coconut and Apricot Cake C A

Makes: 1 x 20 cm ring cake

Ingredients:

1 cup	chopped dried apricots
1 cup	apricot nectar
125 g	butter
2/3 cup	raw sugar
2	eggs, separated
1 1/2 cups	self-raising flour
1 1/2 cups	coconut

Method:

To Cook by Convection:

Preheat oven to 170˚C. Place apricots and nectar in a small bowl. Cook on HIGH for 3 to 5 minutes. Grease and line a deep 20 cm ring pan. Cream butter and sugar until light and fluffy. Beat in egg yolks, one at a time until combined. Stir in coconut and half the sifted flour and apricot mixture. Stir in remaining flour and apricots. Beat egg whites until soft peaks form. Fold into mixture and spread into prepared pan. Place on Low Rack and cook for 50 to 60 minutes. Allow to stand for 10 minutes before turning onto rack to cool.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack.
Select Cake/ Dessert, then press Start.

Mocha Carrot Cake MC

Serves: 4 to 6

Ingredients:

1 cup	self-raising flour
1/2 teaspoon	bicarbonate of soda
1/2 cup	caster sugar
1/2 cup	crushed pineapple
1 cup	grated carrot
3/4 cup	chopped pecan nuts
60 g	chocolate
2	eggs
1/3 cup	oil

Icing:

60 g	cream cheese
20 g	butter
1 1/2 cups	icing sugar
1 tablespoon	lemon juice
1/4 cup	chopped pecan nuts

Method:
In a bowl place flour, bicarbonate of soda, sugar, pineapple, carrot and pecan nuts. Place chocolate into a small bowl and cook on MED HIGH for 40 to 60 seconds, stir halfway through cooking. Add chocolate, eggs, and oil to flour mixture and mix until well combined. Grease a microwave safe ring dish and cook on MED HIGH for 6 to 8 minutes. Allow to stand covered for 5 minutes before turning out to cool. Beat together all icing ingredients except pecan nuts. Spread icing over cooled cake and sprinkle with pecan nuts.

To Cook by Combination:
Prepare as above. Place on Low Rack. Cook on Combination 4 for 25 to 35 minutes.

Chocolate and Coffee Truffles

Makes: Approximately 24

Ingredients:

1 cup	icing sugar
4 tablespoons	cocoa
1 tablespoon	instant coffee powder
60 g	plain sweet biscuits, crushed
60 g	copha
1 teaspoon	vanilla essence
1/2 cup	condensed milk
	chocolate sprinkles

Method:
Sift icing sugar, cocoa and coffee into a bowl. Ass biscuits and mix until well combined. Place copha in a small bowl and cook on HIGH for 1 1/2 to 2 minutes. Cool copha slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk, combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to form balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

Rich Fruit Cake C

Serves: 6 to 8

Ingredients:

1.5 kg	mixed dried fruit
1/4 cup	chopped glacé pineapple
1 cup	slivered almonds
250 g	butter
1 cup	brown sugar
2 teaspoons	cinnamon
2 teaspoons	mixed spice
1/2 cup	sherry
1/2 cup	water
3	eggs lightly beaten
1 tablespoon	golden syrup
2 teaspoons	parisienne essence
1 teaspoon	grated lemon rind
2 teaspoons	grated orange rind
1/2 cup	orange juice
1 3/4 cups	plain flour
1/3 cup	self-raising flour
1/2 teaspoon	bicarbonate soda

Method:
Grease a deep 23 cm round cake pan. Line the base and sides with two thicknesses of greaseproof paper, bring the paper 5 cm above the edge of the pan. Combine fruit, almonds, butter, sugar, spices, sherry and water in a large bowl. Cook on HIGH for 15 minutes, stir half way through cooking. Allow to cook slightly.

To Cook by Convection:
Preheat oven to 150°C. Add eggs, golden syrup, parisienne essence, rinds and juice to fruit mixture. Stir in remaining ingredients. Spread mixture evenly into the pan. Place on Low Rack and cook for 1 1/2 to 2 hours or until cake is cooked. Cover cake with foil. Allow to cool in pan about 1 hour, before turning onto a wire rack.

Chocolate Fudge R

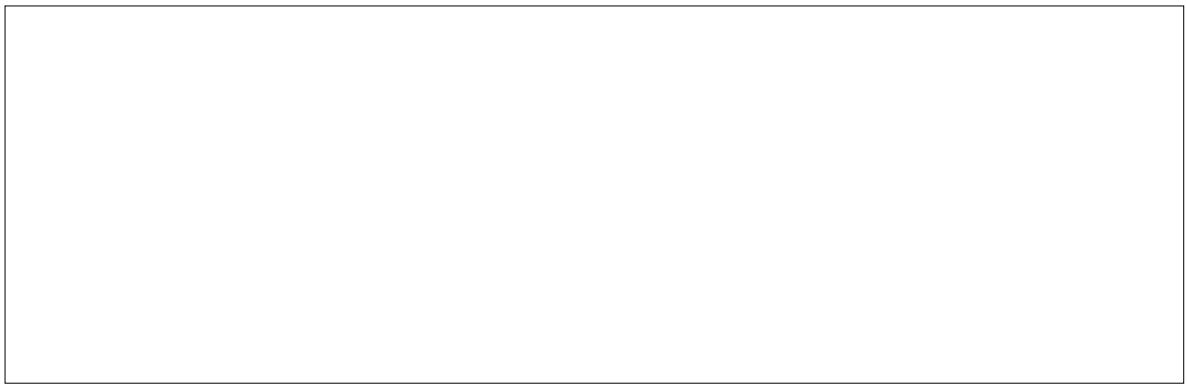
Makes: 25 squares

Ingredients:

300 g	dark chocolate pieces
1 can (400 g)	condensed milk
1 cup	chopped nuts

Method:
Grease and line a 20 cm square dish. In a 2-litre jug, place chocolate pieces and condensed milk. Cook on HIGH for 2 minutes. Stir. Mix in chopped nuts. Pour into prepared dish. Chill until set cut in aquares.

Cakes, Muffins and Biscuits



Muffins

Banana and Pecan Muffins C

Makes: Approximately 12 to 15

Ingredients:

2 cups	self-raising flour
1 cup	plain flour
1 teaspoon	bicarbonate of soda
1 cup	brown sugar, firmly packed
2	eggs, lightly beaten
1 1/2 cups	milk
3/4 cup	oil
1 cup	mashed over-ripe bananas
1/2 cup	chopped pecans

Method:
Grease a muffin pan. Sift dry ingredients into a bowl, stir in sugar, then combined eggs, milk and oil, do not over-mix, batter should be lumpy. Stir in banana and pecans. Pour into muffin tins.

To Cook by Convection:
Place on Low Rack and cook on 210°C for 18 to 20 minutes. Allow to stand before removing from pan. Cool on a wire rack.

Blueberry Muffins C R

Makes: 6

Ingredients:

3 cups	plain flour
1/2 cup	brown sugar
1/2 cup	caster sugar
2	eggs
1 cup	milk
1 cup	melted butter
1 tablespoon	baking powder
1 tablespoon	cinnamon
300 g	blueberries

Method:
Preheat oven to 190°C. In a 4-litre dish mix all ingredients. Spoon mixture into a greased 6 muffin pan. Place on Low Rack and cook on 190°C for 20 minutes.

Apricot Pecan Muffins C

Makes: 12 to 15

Ingredients:

1 3/4 cups	self-raising flour
1/2 cup	caster sugar
1 teaspoon	baking powder
1	egg
3/4 cup	milk
80 g	butter, melted
1 cup	apricots, chopped dried
1 cup	pecans, roughly chopped

Method:
Sift dry ingredients into a bowl, stir in sugar, then combined egg, milk and melted butter, do not over mix, batter should be lumpy. Stir in apricots and pecans. Pour into a greased muffin pan.

To Cook by Convection:
Place on Low Rack and cook on 210°C for 18 to 20 minutes. Allow to stand before removing from pan. Cool on a wire rack.

Apple Spice Muffins C

Makes: Approximately 12 to 15

Ingredients:

2 cups	self-raising flour
1 cup	plain flour
1 teaspoon	bicarbonate of soda
1 cup	brown sugar, firmly packed
2	eggs, lightly beaten
1 1/2 cups	milk
3/4 cup	oil
2 teaspoons	ground cinnamon
1 cup	finely chopped apple

Method:
Grease a muffin pan. Sift dry ingredients into a bowl, stir in sugar, then combined eggs, milk and oil, do not over mix, batter should be lumpy. Stir in cinnamon and apple. Pour into muffin pans.

To Cook by Convection:
Place on Low Rack and cook on 200°C for 20 minutes. Stand 2 minutes, remove from pan, cool on a wire rack.

Lace Biscuits C

Makes: 18 to 20 biscuits

Ingredients:

2 tablespoons	liquid glucose
1/4 cup	brown sugar
60 g	butter, melted
1/3 cup	plain flour
60 g	almonds, finely chopped

Method:
Combine glucose and sugar in a 1-litre casserole dish. Cook on MEDIUM for 2 to 3 minutes. Add melted butter to glucose mixture. Stir in flour and almonds. Mix well.

To Cook by Convection:
Preheat oven to 180°C. Place small teaspoonful of mixture 8 cm apart onto a greased oven tray (It is best to cook one tray at a time.). Place on Low Rack and cook on 180°C for 8 to 10 minutes. Stand for 1 minute before removing biscuits from tray, to allow edges to firm for easier removal.

Tip: To make brandy snaps wrap hot biscuits around the handle of a wooden spoon and allow to cool. Fill centers with whipped cream.

Note: Liquid glucose is available at most health food shops.

Anzac Biscuits C

Makes: 36 to 40 biscuits

Ingredients:

125 g	butter, melted
1 teaspoon	golden syrup
1 teaspoon	bicarbonate of soda
2 tablespoons	hot water
1 cup	rolled oats
1 cup	coconut
1 cup	plain flour
1 cup	brown sugar

Method:
To Cook by 2 Level Convection:
Preheat oven to 160°C. Combine bicarbonate of soda and water in a small bowl. Add dry ingredients and water mixture to butter and syrup. Mix well. Place small teaspoons of mixture on a greased baking trays, allowing room for spreading. Cook on 160°C for 12 to 14 minutes. Leave on the tray for a few minutes, then transfer to wire cake rack until biscuits are cool.

Chocolate Chip Cookies C

Makes: 30 large cookies

Ingredients:

250 g	butter
1 cup	brown sugar
1 cup	caster sugar
1 teaspoon	vanilla essence
2	egg
3 cups	self-raising flour
250 g	choc bits

Method:
To Cook by 2 Level Convection:
Preheat oven to 180°C. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and chocolate bits. Place tablespoons of mixture on greased baking trays. Cook on 180°C for 12 to 15 minutes or until golden brown.

Cinnamon Crisps C

Makes: Approximately 25

Ingredients:

125 g	butter
1 cup	caster sugar
1 teaspoon	vanilla essence
2	egg
2 1/2 cups	self-raising flour
2 teaspoons	cinnamon

Method:
To Cook by 2 Level Convection:
Preheat oven to 180°C. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and cinnamon. Place tablespoons of mixture on greased baking trays. Cook on 180°C for 12 to 15 minutes or until golden brown.

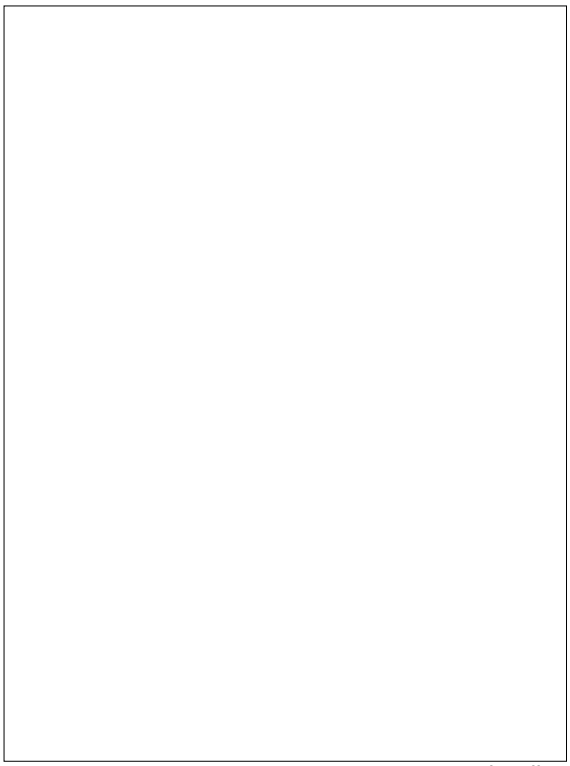
Lemon Poppy Seed Cookies C R

Makes: Approximately 25

Ingredients:

125 g	butter
1 cup	caster sugar
1 tablespoon	lemon zest
1 tablespoon	poppy seeds
1 tablespoon	lemon juice
2	eggs
1 1/2 cups	self-raising flour

Method:
To cook by 2 Level Convection:
Preheat oven to 180˚C. Cream butter and sugar together until light and fluffy. Beat in lemon zest, poppy seeds, lemon juice, eggs until well combined. Fold in flour. Place tablespoons of mixture on greased baking trays. Cook on 180˚C for 12 to 15 minutes or until golden in color.



Apple Slice

Apple Slice C

Makes: 2 slices

Ingredients:

3	cooking apples, peeled and sliced thinly
1/4 teaspoon	cinnamon
	pinch nutmeg
2	sheets ready rolled puff pastry
1	egg, lightly beaten
	caster sugar

Method:
Place apples, cinnamon and sugar into a 2-litre casserole dish. Cook covered on HIGH for 3 to 5 minutes. Drain well.

To Cook by Convection:
Preheat oven to 210˚C. Cut sheet of pastry in half. Place 2 halves of pastry side by side on a bread board. Place apple mixture on top leaving a 2 cm border around the edge. Brush edges with beaten egg and place remaining half of pastry on top of apple mixture. Secure edges together. Brush top with egg.
Cut slits across the top of pastry. Sprinkle with caster sugar. Place slice on a greased baking tray. Place on Low Rack and cook on 210˚C for 15 to 20 minutes.

Chocolate Brownies C A MC R

Makes: 20 cm square pan

Ingredients:

125 g	butter
200 g	dark chocolate,chopped
1 cup	caster sugar
1 teaspoon	vanilla essence
2	eggs
1 cup	plain flour
3/4 cup	nuts, chopped

Method:
Preheat oven to 180˚C. Grease and paper line a 20 cm square pan. Melt butter and chocolate on MED HIGH power for 2 to 3 minutes, stirring once. Stir in sugar, vanilla, eggs, flour and nuts. Spread into prepared pan. Cook on Low Rack for 25 to 30 minutes. Allow to cool, remove from pan and spread with prepared topping. Cut into small square.

To Cook by Auto Menu:
Prepare as above. Place on Low Rack. Select Cake/Slice, then press Start.

To Cook by Combination:
Prepare as above. Cook on Combination 4 for 25 to 30 minutes.

Apricot Honey Slice R

Makes: 20 squares

Ingredients:

185 g	butter
2 tablespoons	honey
250 g	ginger nut biscuits, crushed
1/2 cup	chopped pecans
1/2 cup	coconut
1 cup	chopped dried apricots

Method:
Grease and line an 18 x 28 cm dish. In a 2 litre dish place butter and honey. Cook on HIGH for 2 minutes. Stir in biscuits, pecans, coconut and dried apricots. Press into the prepared dish. Chill until firm cut into squares.

Caramel Coconut Slice A MC

Makes: 1 x 19 x 28 cm pan

Ingredients:

100 g	butter
1/2 cup	plain flour
1/2 cup	self-raising flour
1/2 cup	coconut
1/2 cup	caster sugar
Filling:	
1 can (400 g)	sweetened condensed milk
2 tablespoons	golden syrup
1/3 cup	brown sugar
40 g	butter
Topping:	
2	eggs
1/3 cup	caster sugar
2 cups	coconut

Method:
Grease and paper line a 19 x 28 cm lamington pan. Melt butter on HIGH for 1 to 2 minutes. Sift flours into bowl, stir in coconut, sugar and butter. Press over base of prepared pan. Spread filling over base and sprinkle with topping. Cook on Combination 2 for 30 to 35 minutes. To prepare filling, place all ingredients in a bowl and cook on MED HIGH for 3 to 5 minutes, stirring twice during cooking. To prepare topping, combine all ingredients and mix well.

To Cook by Auto Menu:
Prepare as above. Place on Low Rack.
Select Cake/Slice, then press Start.

Muesli Slice

Makes : 20 squares

Ingredients:

125 g	butter
1 cup	brown sugar
3 tablespoons	honey
2 cups	natural muesli
1 cup	coconut
1/2 cup	sultanas
50 g	dark cooking chocolate, melted

Method:
Combine butter, sugar and honey in a 2-litre dish and cook on HIGH for 1 to 2 minutes. Add muesli, coconut and sultanas, mix well. Press into an 18 cm x 28 cm flat dish. Cook on HIGH for 4 to 5minutes. Mark into squares and cool in dish. When cool drizzle with melted chocolate.

Lemon Coconut Meringue Slice A MC

Makes: 1 x 19 x 28 cm pan

Ingredients:

90 g	butter
1/4 cup	caster sugar
3/4 cup	plain flour
1/3 cup	cornflour
1 can (400 g)	condensed milk
2	eggs, separated
2 teaspoons	grated lemon rind
1/2 cup	lemon juice
1/4 cup	caster sugar, extra
1/2 cup	desiccated coconut
1/2 cup	slivered almonds

Method:
Grease and paper line a 19 x 28 cm lamington pan. Cream together butter and sugar. Gradually add sifted flours and knead lightly until combined. Spread over base of prepared pan. Combine condensed milk, egg yolks, lemon rind and juice in a bowl, cook on MED HIGH for 3 to 4 minutes, stirring twice. Spread over base. Beat egg whites in a small bowl until soft peaks form, gradually add extra sugar. Add desiccated coconut, spread over filling and sprinkle with slivered almonds. Cook on Combination 2 for 30 to 35 minutes.

To Cook by Auto Menu:
Prepare as above. Place on Low Rack.
Select Cake/Slice, then press Start.

Honey Almond Brownies C

Makes: 6

Ingredients:

125 g	butter
200 g	white chocolate
3/4 cup	sugar
1/4 cup	honey
2 teaspoons	vanilla essence
2	eggs
1 cup	plain flour
3/4 cup	blanched almonds

Method:
Melt butter and chocolate on MED HIGH for 1 to 2 minutes. Add sugar, honey, vanilla essence and eggs and mix well. Add flour and almonds. Pour into a greased and lined 20 cm square deep pan.

To Cook by Convection:
Place on Low Rack and cook on 180˚C for 35 to 40 minutes. No pre-heating is necessary. Cool completely before removing from a pan.

Speedy Chocolate Bit Slice C MC A R

Makes: 1 x 20 cm slice pan

Ingredients:

90 g	butter melted
125 g	sweet biscuit crumbs
250 g packet	chocolate bits
1 cup	shredded coconut
1 cup	chopped nuts
1 can (400 g)	sweetened condensed milk

Method:
Preheat oven to 180˚C. Grease and paper line a 20 cm square pan. Pour butter into prepared pan. Sprinkle evenly with biscuits followed by chocolate bits, shredded coconut and nuts. Pour over condensed milk. Place on Low Rack and cook for 30 to 35 minutes.

To Cook by Combination:
Prepare as above. Place on Ceramic Tray. Cook on Combination 4 for 25 to 30 minutes. Allow to cool before removing from pan and cutting inro squares.

To Cook by Auto Menu:
Prepare as above. Place on Low Rack. Select Cake/Slice, then press Start.

Honey Oaty Slice MC A

Makes: 1 x 27 x 17 cm Swice roll pan

Ingredients:

1 cup	rolled oats
1 cup	plain flour
3/4 cup	coconut
3/4 cup	sugar
125 g	butter
3 tablespoons	honey
2 tablespoons	water
1/2 teaspoon	bicarbonate of soda

Method:
Grease and paper line a 27 x 17 cm slice pan. Combine oats, flour, coconut and sugar in a large bowl. In a 2-litre pyrex bowl, place butter, honey and water and cook on HIGH for 1 to 2 minutes, stir in bicarbonate of soda. Pour over dry ingredients, stir until well combined. Press into pan. Cook on Combination 4 for 15 to 20 minutes, cool before cutting.

To Cook by Auto Menu:
Prepare as above. Place on Low Rack. Select Cake/Slice, then press Start.

Peanut and Sultana Slice MC A

Makes: 1 x 19 x 28 cm pan

Ingredients:

185 g	butter
1/2 cup	caster sugar
1/2 cup	sultanas
1 cup	raw unsalted peanuts
1 cup	coconut
1 cup	plain flour

Method:
Grease and paper line a 19 x 28 cm lamington pan. Melt butter on HIGH for 1 to 2 minutes. Stir in sugar, sultanas, peanuts and coconut, then shifted flour. Press mixture into base of pan and cook on Combination 4 for 25 to 30 minutes.

To Cook by Auto Menu:
Prepare as above. Place on Low Rack. Select Cake/Slice, then press Start.

Chocolate Peanut Butter Cheesecake MC

Serves: 6 to 8

Ingredients:

Base:	
250 g	peanut cookies, finely crushed
125 g	butter
Filling:	
2 x 250 g	packets cream cheese, softened
1/2 cup	brown sugar
1 cup	crunchy peanut butter
2	eggs
1 teaspoon	vanilla essence
1/2 cup	sour cream
Topping:	
150 g	chocolate
1/4 cup	sour cream

Method:
Melt butter in a 1 litre casserole dish on HIGH for 30 to 40 seconds. Add crushed biscuits and combine. Press biscuit mixture evenly over base and sides of a greased 20 cm spring form tin. Refrigerate until firm. Place filling ingredients into a mixing bowl, beat until mixture is combined. Pour mixture into chilled biscuit base. Place in oven, on Low Rack, cook on Combination 3 for 30 to 35 minutes. Allow to cool and spread with topping.

Topping:
Melt chocolate in a 2-cup jug on MED HIGH for 1 to 2 minutes. Stir in sour cream.
Spread over cheesecake.

Apricot Cheesecake C

Serves: 8 to 10

Ingredients:

250 g	plain biscuits
90 g	butter
1/4 cup	apricot jam
250 g	ricotta cheese
1 cup	chopped dried apricots
2	eggs
1/2 cup	caster sugar
300 ml	cream
2 tablespoons	flour
1 teaspoon	vanilla essence

Method:
Crush or process biscuits until fine. Melt butter in a bowl on MED HIGH for 30 to 60 seconds. Combine with biscuit crumbs and press onto the base of a 25 cm flan dish. Warm jam in a small bowl on MED HIGH for 30 seconds. Brush jam over biscuit base. Refrigerate while making filling.

To Cook by Convection:
Preheat oven to 160˚C. Beat together the remaining ingredients until well combined and pour into the biscuit base. Place on Low Rack and cook on 160˚C for 55 to 60 minutes. Refrigerate until cold before slicing.

If desired, decorate with whipped cream, drained canned apricot halves and roughly chopped pecans.

Zesty Cheesecake

Serves: 6 to 8

Ingredients:

250 g	sweet biscuits, finely crushed
125 g	butter
Filling:	
250 g	cream cheese
400 g	sweetened condensed milk
3 teaspoons	lemon or lime rind
1/3 cup	lemon or lime juice
1 teaspoon	gelatin
1 tablespoon	water

Method:
Base:
Place butter in a 2-litre bowl and cook on HIGH for 1 minute, add biscuit crumbs. Press mixture evenly over base and sides of a lightly greased spring form tin. Refrigerate while preparing filling.

Filling:
Beat cream cheese in a small bowl with electric mixer until smooth, add condensed milk, rind and juice, beat until smooth. Place water in a 1-cup jug, sprinkle gelatin over water and cook on MED HIGH for 30 seconds, add and mix into lemon mixture. Pour into base and refrigerate until set. Garnish with strawberries and cream.

Honeycomb Cheesecake

Serves: 6 to 8

Ingredients:

250 g	packet honey snap biscuits, crushed
125 g	butter
3 teaspoons	gelatin
1/4 cup	water
375 g	cream cheese
1/2 cup	caster sugar
1 teaspoon	vanilla essence
300 ml	thickened cream
3	chocolate coated honeycomb bars, crushed

Method:
Place butter in a 2-litre bowl and cook on HIGH for 1 minute. Add biscuit crumbs, mix well. Press mixture into base and sides of a 22 cm spring form tin. Refrigerate while making filling. Place water in a small bowl, sprinkle with gelatin. Heat on MEDIUM for 30 to 40 seconds to dissolve, **DO NOT BOIL**. Place cream cheese into a mixing bowl, add sugar and vanilla essence. Beat until smooth with electric mixer. Beat cream in a small bowl until soft peaks form. Stir gelatin mixture into the cheese mixture, add cream and chocolate honeycomb bars. Pour into the crust, refrigerate until set.

Lemon and Pineapple Cheesecake

Serves: 6 to 8

Ingredients:

125 g	butter
180 g	sweet plain biscuits, crushed
250 g	cream cheese, softened
1/3 cup	sugar
	juice and rind of 1 lemon
2	eggs
1/3 cup	flour
1 can (450 g)	crushed pineapple, drained

Method:
Place butter in a 1-litre dish and cook on HIGH for 1 minute. Add biscuit crumbs, mix well. Press mixture into a 23 cm pie plate. Refrigerate while making filling. Place cream cheese into a mixing bowl, add sugar mix well. Add juice and rind of lemon, eggs and flour, mix well. Fold through pineapple. Pour filling into chilled biscuit base. Elevate pie dish and cook on MEDIUM for 10 to 12 minutes. Refrigerate until cold before serving.

Christmas Pudding

Serves: 10 to 12

Ingredients:

250 g	sultanas
250 g	raisins, chopped
125 g	currants
125 g	dates, chopped
100 g	mixed glacé fruit, chopped
100 g	glacé cherries
60 g	mixed peel
1/2 cup	brandy
250 g	butter
250 g	brown sugar
4	eggs
1 cup	flour
1/2 teaspoon	ground ginger
1/2 teaspoon	nutmeg
1/2 teaspoon	cinnamon
1/2 teaspoon	allspice
1 tablespoon	golden syrup
1 tablespoon	parisienne essence (gravy browning)
1 1/2 cups	fresh breadcrumbs
1 cup	canned apples

Method:
Place fruit in a large mixing bowl and pour over brandy. The fruit can be soaked overnight for added flavour. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs one at a time beating gently after each addition. Add sifted flour and spices, golden syrup, parisienne essence, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease 5-cup pudding bowl and line with 2 strips of greaseproof paper to form a cross in the base of the bowl. Pour mixture into the bowl and smooth over top. Cook on MED LOW for 40 minutes. Shield edges with strips of foil secured with string, and continue to cook on MED LOW for 30 minutes. Stand loosely covered for 10 minutes before serving.

Tip:
To reheat whole pudding, cover with plastic wrap and heat on MED HIGH for 5 to 7 minutes.

Butterscotch Pudding A C

Serves: 4 to 6

Ingredients:

3/4 cup	self-raising flour, sifted
1 can (400 g)	sweetened condensed milk
30 g	butter
1 teaspoon	vanilla essence
1/2 cup	milk
1 cup	brown sugar
1 1/4 cups	boiling water

Method:
Place condensed milk into a 1-litre casserole dish and cook on MEDIUM for 6 to 7 minutes, stirring twice during cooking. Stir in butter, vanilla essence and milk, stir until butter has melted. Cool slightly.

To Cook by Convection:
Preheat oven to 200˚C. Add milk mixture to sifted flour, mix well. Pour mixture into a greased deep 20 cm cake pan. Sprinkle top with brown sugar and gently pour boiling water over mixture. Place on Low Rack and and cook on 200˚C for 30 to 40 minutes. Serve.

To Cook by Auto Menu:
Prepare as above. Place on Low Rack. Select Cake/Slice., then press Start.

Strawberry Mousse

Serves: 4 to 6

Ingredients:

1/4 cup	water
2 teaspoons	powdered gelatin
100 g	white chocolate
1	punnet strawberries
2	egg yolks
180 ml	cream, whipped

Method:
Place water in a small bowl, sprinkle with gelatin. Heat on MED HIGH for 1 minute to dissolve, do not boil. Break chocolate into small pieces and place into a small bowl, melt on MED HIGH for 1 to 1 1/2 minutes. Allow to cool slightly. Process strawberries or sieve to a puree.
Combine egg yolks with cream, add cooled chocolate and gelatin and fold lightly. Gently fold strawberries into mixture. Pour into individual ramekins or one large mould and refrigerate for 2 to 3 hours or until set.

Baked Alaska Surprise C

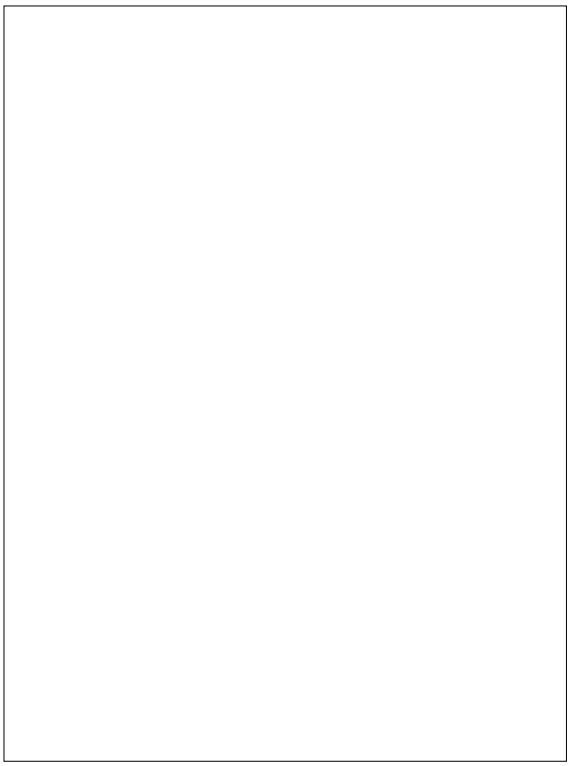
Serves: 4 to 6

Ingredients:

10 to 12	sponge finger biscuits or 1 round trifle sponge
1	punnet strawberries, hulled and cut in half
1 tablespoon	caster sugar
2 tablespoons	fruit liqueur
1 litre	vanilla ice cream
4	egg whites
3/4 cup	caster sugar, extra
1/4 cup	almonds, chopped (optional)

Method:
Line the base of a 23 cm round flan dish with biscuits or sponge (the biscuits will overlap.) Place strawberries over base and sprinkle with sugar and liqueur. Place scoops of ice cream evenly over strawberries. Place in freezer.

To Cook by Convection:
Preheat oven to 250˚C. Beat egg whites until stiff. Gradually add extra sugar beating all the time until sugar has dissolved and mixture is thick and glossy. Fold in almonds and spoon meringue mixture over ice cream. Cook on 250˚C on Low Rack for 3 to 5 minutes. Serve immediately.



Baked Alaska Surprise

Chocolate Souffle C

Serves: 4 to 6

Ingredients:

60 g	butter
1/2 cup	plain flour
2 tablespoons	cocoa
300 ml	milk
1 tablespoon	vanilla essence
4	eggs, separated
1/3 cup	caster sugar
1/2 cup	choc dots
3 tablespoons	icing sugar

Method:
Melt butter on HIGH for 30 seconds. Stir in flour and cocoa. Slowly add milk to mixture, stirring well. Cook on HIGH for 3 to 4 minutes, stirring twice. Allow to cool slightly. Add vanilla. Beat in egg yolks one at a time. Beat egg whites until stiff peaks form. Gradually add caster sugar until peaks are stiff.

To Cook by Convection:
Preheat oven to 200°C. Gently fold beaten egg whites and choc dots into the chocolate sauce. Pour mixture into a greased and sugared 6 cup-pudding dish. Place on Low Rack and cook on 200°C for 20 to 22 minutes. Dust top with icing sugar. Serve immediately.

Pavlova C

Serves: 8 to 10

Ingredients:

4	egg whites pinch of salt
1 1/4 cups	caster sugar
2 teaspoons	vinegar
2 tablespoons	cornflour
Topping:	
300 ml	cream
1	punnet strawberries, hulled and cut in half
2	passionfruit

Method:
To Cook by Convection:
Preheat oven to 140°C. Grease and line a baking tray. Dust with 1 tablespoon cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture. Pile mixture high on a baking tray. Place on Low Rack and cook on 140°C for 60 to 70 minutes. Allow to cool.

Filling:
Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.

Lemon Meringue Pie C

Serves: 4 to 6

Ingredients:

Pastry:

1 cup	plain flour
2 tablespoons	caster sugar
75 g	butter
1	egg yolk
2 teaspoons	milk

Filling:

$2\frac{1}{2}$ tablespoons	cornflour
$\frac{1}{2}$ cup	caster sugar
150 ml	water
	juice and grated rind of 2 lemons
3	eggs, separated
$\frac{1}{3}$ cup	caster sugar, extra

Method:

Pastry:

Stir flour and sugar together in a bowl. Rub in butter until mixture resembles fine breadcrumbs. Add egg yolk and milk and knead lightly. Wrap and chill for 10 to 15 minutes.

Filling:

Place cornflour and sugar into a 1-litre casserole dish. Gradually add water, stirring. Add lemon rind. Cook on HIGH for 2 to 3 minutes, until boiling. Add yolks and lemon juice and mix well. Cook on MED HIGH for a further 2 to 3 minutes. Set aside.

To Cook by Convection:

Preheat oven to 180˚C. Roll out pastry to fit a 20 cm pie plate. Prick base. Cook on Low Rack for 10 to 12 minutes. Beat egg whites until soft peaks form. Gradually beat in extra caster sugar, one tablespoonful at a time. Preheat oven to 180˚C. Place lemon filling into cooked pastry case and top with meringue. Cook on Low Rack for 10 to 12 minutes until meringue is golden in colour.

Tip: It is necessary to preheat oven again when placing lemon mixture and meringue into pie shell.

Peach Crumble R MC

Serves: 4 to 6

Ingredients:

70 g	butter
$\frac{1}{2}$ cup	flour
$\frac{1}{4}$ cup	sugar
1 cup	toasted muesli
$\frac{1}{2}$ cup	shredded coconut
$\frac{1}{2}$ teaspoon	cinnamon
1 can (810 g)	peaches, drained

Method:

Place butter in a 2-litre jug. Cook on HIGH for 40 to 60 seconds. Mix in flour, sugar, muesli, coconut and cinnamon. Place the peaches in a 1-litre dish, top with crumble mixture. Place on Low Rack and set on Combination 6 for 20 minutes.

Scones C

Serves: 8

Ingredients:

2 cups	flour
4 teaspoons	baking powder
$\frac{1}{4}$ teaspoon	salt
60 g	butter or margarine, cut into small pieces
	milk to mix (approximately $\frac{3}{4}$ cup)

Method:

To Cook by Convection:

Preheat oven to 220˚C. Place flour, baking powder and salt in a large bowl and rub in butter. Add enough milk to form a soft dough. Knead lightly on a floured work surface. Pat out to 2 cm thickness then with a floured knife, cut into approx. 8 scones. Place scones on a lightly greased tray. Place on Low Rack and and cook on 220˚C for 12 to 14 minutes. Cool on wire rack.

Apple Pie A C

Serves: 6 to 8

Ingredients:

Pastry:

185 g	butter
$\frac{1}{2}$ cup	caster sugar
1 tablespoon	lemon juice
1	egg
$1\frac{1}{2}$ cups	plain flour
1 cup	self-raising flour

Filling:

2 cans (440 g x 2)	pie apples
$\frac{1}{4}$ cup	caster sugar
1 teaspoon	arrowroot
1 teaspoon	cinnamon

Method:

Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press $\frac{2}{3}$ of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of greaseproof paper to fit pie. Place on pie and press edges together. Place on Low Rack.

To Cook by Convection:

Cook on 180˚C for 40 to 50 minutes. Preheating is not required.

To Cook by Auto Menu:

Select Cake/Slice, then press Start.

Coffee Liqueur

Makes: 3 cups

Ingredients:

1 1/2 cups	hot tap water
2 cups	sugar
1/3 cup	instant coffee
2 cups	vodka
3 teaspoons	vanilla essence

Method:
Pour water into a 4-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remining ingredients except vodka and stir well. Cook on MEDIUM for 30 to 35 minutes. Cool slightly and mix in vodka. Pour into an airtight container and stand for 4 days before serving. Serve in liqueur glasses.

Strawberry Liqueur

Makes: 3 cups

Ingredients:

500 g	sugar
600 ml	brandy or whisky
500 g	washed and hulled strawberries

Method:
Place sugar and strawberries in a 4-litre dish. Stir well. Cook on HIGH for 20 minutes. Stir halfway through cooking. Stir in brandy or whisky. Pour into an airtight container. Store refrigerated. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

Rich Chocolate Sauce R

Makes: 2 cups

Ingredients:

200 g	chocolate pieces
300 ml	cream

Method:
Place ingredients in a 1 litre jug. Cook on HIGH for 2 minutes 30 seconds. Whisk well.

Caramel Sauce R

Makes: 2 cups

Ingredients:

1 can (400 g)	condensed milk
1/4 cup	brown sugar
2 tablespoons	golden syrup
300 ml	cream

Method:
In a 2-litre jug mix all ingredients except cream. Cook on HIGH for 3 minutes, stirring halfway through the cooking time and cook on MED LOW for 3 minutes. Mix well and then stir in cream. Serve warm or cold.

Chocolate Macadamia Nut Sauce

Makes: 1 cup

Ingredients:

200 g	dark chocolate
1/2 cup	cream
1/4 cup	macadamia nuts, chopped finely

Method:
Place chocolate and cream in a 2-cup pyrex jug, melt on HIGH for 1 to 2 minutes. Mix well and serve hot over ice cream.

Sweet berry Sauce R

Makes: approximately 2 cups

Ingredients:

1/2 cup	caster sugar
1/2 cup	water
500 g	mixed berries
2 tablespoons	water
1 tablespoon	arrowroot

Method:
Combine sugar and water in a 1-litre bowl and cook on HIGH for 3 to 5 minutes, stir once during cooking to dissolve sugar. Add berries and cook on HIGH for 3 to 4 minutes. Blend water and arrowroot and add to berry mixture. Cook on HIGH for 2 minutes. Serve hot or cold with ice cream.

Mushroom Sauce

Makes: 1 1/2 cups

Ingredients:

3 tablespoons	butter
2 tablespoons	flour
1 teaspoon	soy sauce
3/4 cup	cream
	salt and pepper taste
1/2 teaspoon	curry powder
1 can (190 g)	drained champignons (mushrooms), sliced

Method:
Place butter in a 4-cup glass jug. Cook on HIGH for 40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on HIGH for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on HIGH for 30 to 60 seconds.

Chinese Sweet & Sour Sauce

Makes: 4 cups

Ingredients:

1/2 cup	cucumber
1/2 cup	cornflour
1/2 cup	brown sugar
1 cup	chicken stock
1/2 cup	dry sherry
2 tablespoons	white vinegar
2 tablespoons	soy sauce
2 tablespoons	tomato paste
1 can (450 g)	pineapple pieces and juice
1/2	red capsicum (pepper), diagonally sliced
1	stick celery, diagonally sliced

Method:
Cut cucumber in half lengthwise, scoop out seeds and slice diagonally into 1 cm pieces. Combine cornflower and sugar in a 2-litre casserole dish. Gradually stir in stock, sherry, vinegar, soy sauce, tomato paste, pineapple pieces and juice, capsicum and celery. Cook on HIGH for 10 to 12 minutes, stirring every 2 minutes. Serve with ham steaks, pork chops or chicken.

Mint Sauce

Makes: Approximately 1/3 cup

Ingredients:

1 tablespoon	water
1 tablespoon	sugar
2 tablespoons	brown vinegar
2 tablespoons	mint, finely chopped

Method:
Combine all ingredients in a 1-cup jug. Cook on HIGH for 30 to 60 seconds. Stir well and serve with Roast Lamb.

Hollandaise Sauce

Makes: 3/4 cup

Ingredients:

60 g	butter
2 tablespoons	lemon juice
2	egg yolks
1/4 cup	cream
1/2 teaspoon	mustard
1/4 teaspoon	salt

Method:
Place butter in a 2-cup jug, cook on HIGH for 40 seconds. Add lemon juice, egg yolks and cream, mix well. Cook on MEDIUM for 60 to 90 seconds. Add mustard and salt, mix until smooth. Serve with eggs, vegetables or fish dishes.

Rhubarb and Apple Conserve

Make: 2 cups

Ingredients:

350 g	rhubarb, chopped
3	medium sized apples, grated
2 tablespoons	water
1 cup	caster sugar
2 tablespoons	lemon juice

Method:
Place rhubarb, apple and water in a 3-litre casserole dish, cover and cook on HIGH for 6 to 8 minutes, stirring once during cooking. Stir in sugar and lemon juice and cook uncovered on HIGH for 15 minutes stirring after every 5 minutes. Pour into hot sterilised jars, when cool, seal.

Strawberry Jam

Makes: Approximately 600 ml

Ingredients:

1 kg	strawberries, washed and hulled
1 kg	caster sugar
	pectin if required

Method:
Place strawberries in a 4-litre casserole dish. Cover and cook on HIGH for 5 minutes. Stir in sugar and pectin if required. Cook on MED HIGH for 25 to 30 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

Sweet Apricot Jam

Makes: 3 cups

Ingredients:

750 g	dried apricots, cut in quarters
1800 ml	water
1.3 kg	sugar
2 tablespoons	pectin

Method:
Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on HIGH for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on HIGH for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

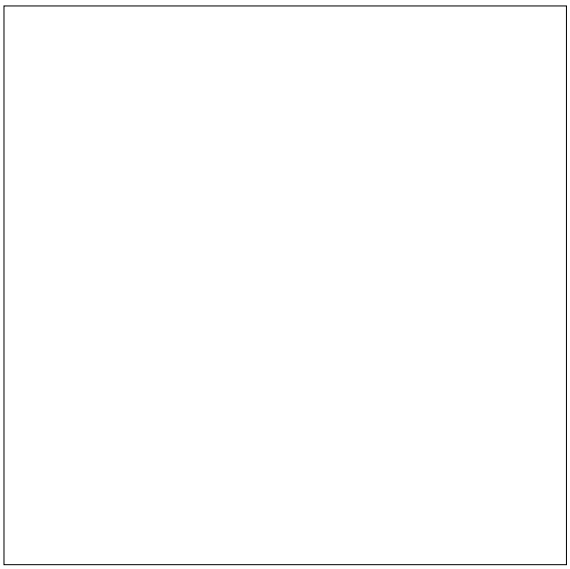
Rhubarb and Berry Jam

Makes: $1^1/_2$ cups

Ingredients:

2 cups	chopped rhubarb
$1^1/_2$ cups	berries, fresh or frozen
2 tablespoons	orange juice
1 cup	caster sugar

Method:
Combine rhubarb, berries and orange juice in a 3-litre casserole dish. Cook on HIGH for 8 to 10 minutes, stirring twice during cooking. Add sugar, stir until dissolved, cook on HIGH for a further 10 to 15 minutes, stirring every 5 minutes. Pour into sterilised jars, seal when cold.



Jam

Orange Marmalade

Makes: 3 cups

Ingredients:

700 g	oranges
1	lemon
	water
3 cups	sugar, warmed

Method:
Wash fruit. Cut fruit in half, reserve seeds, squeeze juice from fruit and set aside. Remove rind from fruit being careful not to include white pith. Cut rind into fine strips. Set aside. Pour fruit juice into a 4-cup jug. Add enough water to make 3 cups of liquid. Add seeds. Cover and cook on HIGH for 20 minutes. Strain. Add sugar to mixture and rind, mix well and cook on HIGH for a further 30 minutes or until marmalade has set. Pour into clean sterilised jars. Seal.
Tip: To warm sugar - Place sugar in a 2-litre casserole dish and cook on HIGH for 1 to $1^1/_2$ minutes.

Peach Butter

Makes: 2 cups

Ingredients:

1 can (425 g)	peaches, drained
1 teaspoon	grated lemon rind
1/4 cup	lemon juice
90 g	butter
3	eggs
3/4 cup	caster sugar

Method:
In a blender or food processor, place peaches, lemon rind and juice process until smooth. :lace eggs in a 3 litre casserole dish whisk (with an egg whisk) until well combined, add remaining ingredients, cook on HIGH for 6 to 8 minutes, until mixture has thickened. Whisk twice during cooking. Pour into jars, cool them seal. Store in the refrigerator.

Lemon Butter

Makes: 1 cup

Ingredients:

1/2 cup	lemon juice
1 tablespoon	lemon rind
1/3 cup	sugar
3	egg yolks
1 tablespoon	butter
1 tablespoon	cornflour

Method:
Blend all ingredients in a 4-cup glass jug. Cook on MEDIUM for 3 to 4 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

Passionfruit Butter

Makes: 1 1/2 cups

Ingredients:

3	eggs
1/2 cup	caster sugar
6	passionfruit, pulp removed
90 g	butter

Method:
Beat eggs and sugar together in a 1 litre jug until combined. Stir in passionfruit pulp and butter. Cook on MED HIGH for 4 minutes, stirring after every minutes. Pour into hot sterilised jars, when cool, seal.

Mango Chutney

Makes: 2 cups

Ingredients:

450 g	fresh mango, sliced
250 g	cooking apples, peeled, cored and sliced
2 tablespoons	salt
2	onions, finely sliced
300 g	brown sugar
150 ml	malt vinegar
1 teaspoon	ground ginger
1 teaspoon	chilli powder

Method:
Place mango and apple in a bowl and sprinkle with salt. Stand overnight. Rinse and drain fruit. Place fruit in a 4-litre casserole dish, add onion. Cover and cook on HIGH for 6 minutes, stirring halfway through cooking. Add sugar, vinegar and spices, mix well. Cover and cook on HIGH for 15 minutes. Pour into sterilised jars and seal.

Tomato Chutney

Makes: 3 cups

Ingredients:

250 g	onion, finely chopped
1.5 kg	ripe tomatoes, skins removed and tomatoes chopped
1 teaspoon	salt
1 teaspoon	paprika
	pinch cayenne pepper
150 ml	malt vinegar
175 g	sugar

Method:
Place onions in a 3-litre dish. Cover and cook on HIGH for 4 to 5 minutes. Add tomatoes and cover and cook on HIGH for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on HIGH for 10 minutes, stirring halfway through cooking. Add sugar, stir well and cook on HIGH for 35 to 40 minutes, stirring occasionally. Pour into sterilised jars and seal.

Care of Your Microwave Oven

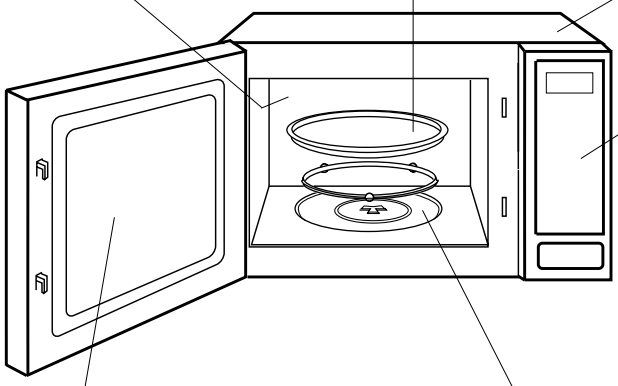
BEFORE CLEANING:
Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:
Be sure to replace Roller Ring and Ceramic Tray in the proper position and press Stop/Reset Pad to clear the display window.

Inside of the oven:
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended. Do not use oven cleaners on the top of the oven.

Ceramic Tray:
Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a non-abrasive nylon mesh scouring pad and nonabrasive cleaners.

Outside oven surfaces and back vents:
Clean with a damp cloth. To prevent from damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.



Control Panel:
If the control panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the control panel.

Oven Door:
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.

The roller ring and oven cavity floor:
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

After GRILL or COMBINATION cooking, the oven should be cleaned with a soft cloth squeezed in soapy water. If the oven is not cleaned occasionally to eliminate this grease, it can accumulate and cause the oven to “SMOKE” during use. To avoid smoking, run the oven without food on Grill - 1 for 20 minutes.

Technical Specifications

Power Source	240 V, 50 Hz	230 V, 50 Hz	220 V, 50 Hz
Power Consumption			
Microwave	5.3 Amps, 1,220 W	5.6 Amps, 1,220 W	5.9 Amps, 1,220 W
Heater	7.5 Amps, 1,800 W	7.8 Amps, 1,800 W	8.2 Amps, 1,800 W
Output			
Microwave*	1,000 W	1,000 W	1,000 W
Heater	Approx. 1,800 W	Apprtox. 1,800 W	Approx. 1,800 W
Outside Dimension	376 (H) x 611 (W) x 490 (D) mm		
Oven Cavity Dimensions	242 (H) x 412 (W) x 426 (D) mm		
Trim Kit	NN-TK953		
Trim Kit Cabinet	459 (H) x 632 (W) x Min. 532 (D) mm		
Opening Specification			
Uncrated Weight	Approx. 21 kg		

*IEC 705-88 Test procedure

Specifications subject to change without notice.

As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.

Matsushita Electric Industrial Co., Ltd.
Web Site: http://www.panasonic.co.jp/global/

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